

CITY OF ST. CHARLES

# Accessibility Guidebook *for* People with Disabilities



Resources • City Services • Dining • Lodging • Entertainment • Transportation





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# Accessibility Guidebook *for* People with Disabilities

Jeanne Gibbons

Large type edition

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# FOREWORD

## From the St. Charles City Citizens with Disabilities Board

**WELCOME TO THE FIRST EDITION** of the *City of St. Charles Accessibility Guidebook for People with Disabilities*. Whether you are a resident of St. Charles or a visitor, we hope you will find this book a valuable resource for services, commerce and entertainment in our historic city.

St. Charles has something for everyone, from its many festivals and open air music venues to its interesting shops and restaurants, parks and recreation, historic buildings and tours. We are proud of our town, and prouder still of its commitment to people with disabilities. Our board and the City of St. Charles are doing everything possible within the limits of the Americans with Disabilities Act and beyond to ensure that all people, regardless of ability, have equal access to commerce, civic life, arts and entertainment, services, education and employment.



The City of St. Charles is committed to doing everything possible to ensure that all people, regardless of ability, have equal access to commerce, civic life, arts and entertainment, services, education and employment.

Our board first began discussing this project more than a decade ago, and we are grateful to Larry Muench, Councilman for the City of St. Charles, Ward Two, for making it possible. We are also grateful to the many businesses and venues that granted us access so that we could survey their facilities for appropriate inclusion in this book. I personally participated in many of these surveys, giving me many opportunities to speak with business owners about removing barriers for people with disabilities. Overall, I found St. Charles City business owners amenable to making the changes that allow their businesses to take advantage of the increased commerce that results from increased accessibility.

As a person with a progressive disability that led to my present quadriplegia, I have encountered many barriers and had many opportunities over the years to serve as a catalyst to effect change. I encourage every person who uses this book to engage in similar activism—when you discover barriers, speak up! To do so benefits everyone, including the property owner, and makes St. Charles a great place for people with disabilities to live or visit.

David J. Huesing  
Chairman  
St. Charles City Citizens with Disabilities Board

## BOARD MEMBERS

Seated, from left: *Jack Bornmann; Dave Huesing; Daryl Anderson, Ph.D.*  
Standing, from left: *John Benisch; Anita Telkamp, Community Development; Michael Penkoske, M.D.; John Rother; Larry Muench, City Council, Ward 2; David Riazi, M.H.A.; Rev. Earl R. Worley*







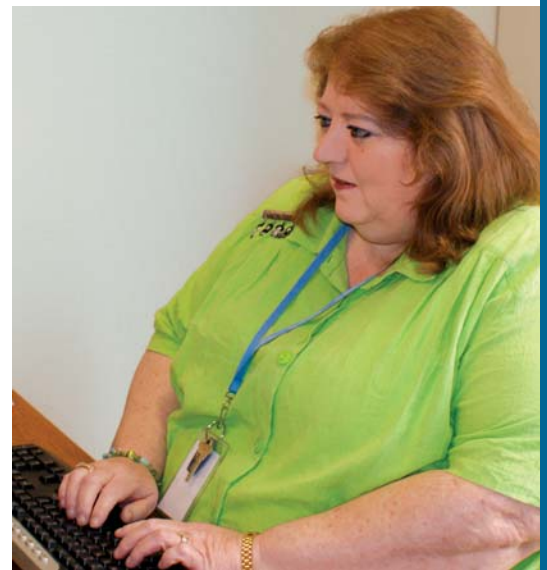
St. Charles  
is committed  
to improving  
the lives  
of its citizens.



## The Americans with Disabilities Act and You

**THE AMERICANS WITH DISABILITIES ACT OF 1990 (ADA)** is a civil rights law that prohibits discrimination based on disability, and provides for accommodation of people with disabilities under specific conditions in employment, public services and public transportation, public accommodations, commercial facilities and telecommunications. It affords similar protections against discrimination to Americans with disabilities as those provided by the Civil Rights Act of 1964, which made discrimination based on national origin, race, religion, sex, and other characteristics illegal. The ADA represents a great step toward the goal of the disability rights movement—full access to all goods, services and environments in pursuit of equality in economic, political and social life.

Because of the ADA, new public and private business construction must be accessible. Existing private businesses at the time of ADA enactment were made somewhat exempt, although they may be required to increase the accessibility of their facilities when making property improvements. The City of St. Charles has a variety of buildings in all represented categories, and the city is vigilant in pursuing accessibility to the full extent of the law. Moreover, St. Charles is committed to improving the lives of its citizens through a variety of programs and residential improvement grants for people with disabilities.



**For purposes of this book, disability is defined as physical or functional differences that preclude some or all ordinary access and/or usage of facilities and their contents.** Whether physiological or developmental in nature, these differences sometimes impair mobility, learning, communication and/or personal care.

# HISTORIC ST. CHARLES

**THE CITY OF ST. CHARLES, MISSOURI**, is a great place to live, work and visit. Bordered by the Missouri River, the city is diverse, historic, charming and largely accessible to people with disabilities. *Money* magazine recently ranked St. Charles among the top 100 best places to live in the U.S., measuring cost of living, crime rate, housing affordability, arts and recreational opportunities, schools, medical care and job growth, among other factors.

Nowhere in Missouri is the synergy of modern technology and old fashioned charm more fully realized than in St. Charles. From our picturesque and historic Main Street to our magnificent parks, entertaining festivals, and high tech business and employment opportunities, St. Charles combines the best of old world ambience with modern convenience.

Above all, our city is inclusive. We want all citizens and visitors to enjoy the city to fullest capacity, including people with disabilities. While many of our buildings are historic and, as such, are not always required under the ADA to be fully accessible, stories abound of locals going the extra mile to provide goods and services, irrespective of physical accessibility issues. So if a place of business did not qualify for the list of accessible buildings in this book, you can still make inquiries and inform them of your special needs.

*Money* magazine recently ranked St. Charles  
among the top 100 best places to live in the U.S.







## St. Charles City Services

For other general concerns not listed below, call the Citizen Hotline:  
**636-949-3502** or visit our website: [www.stcharlescity.com/whotocall](http://www.stcharlescity.com/whotocall)

### Information Office at City Hall

200 North Second Street  
St. Charles, MO 63301  
636-949-3200

**For Emergencies Dial 911**

## ST. CHARLES CITY SERVICES PHONE DIRECTORY

### Animal Control

2835 West Randolph  
949-3395

### City Clerk

Room 402/City Hall  
949-3282

### Administration

Room 300/City Hall  
949-3262

### Community Development

Room 303/City Hall  
949-3222

### Allied Waste

(formerly Midwest Waste)  
255-6142

### Citizen's Hotline

949-3502

### Economic Development

Room 300/City Hall  
949-3231

### Engineering/Public Works

Room 202/City Hall  
949-3237

### Cable

Room 403/City Hall  
949-3288

### Facilities Maintenance

Room 100/City Hall  
949-3206

### City Attorney

Room 401B/City Hall  
949-3274

### Finance

First Floor/City Hall  
949-3212  
Second Floor/City Hall  
949-3208

## **Fire Department**

Room 200/City Hall  
949-3250

### **For Emergencies Dial 911**

#### **Fire Station #1**

911 6th Street  
949-3380

#### **Fire Station #2**

1550 South Main  
949-3384

#### **Fire Station #3**

2817 West Elm  
949-3387

#### **Fire Station #4**

400 North Drive  
949-3390

#### **Fire Station #5**

1650 Hawks Nest  
949-3392

## **Human Resources**

Room 301/City Hall  
949-3232

## **Mayor's Office**

Room 400/City Hall  
949-3268

## **MIS Office**

Room 102/City Hall  
940-4633

## **Municipal Courts**

1781 Zumbahl  
949-3378

## **Purchasing**

Room 401A/City Hall  
940-4668

## **Parks**

1900 West Randolph  
949-3372

## **Police**

1781 Zumbahl  
949-3300

### **For Emergencies Dial 911**

## **Street Department**

370 North Drive  
949-3363

## **Tourism**

230 South Main  
946-7776

## **Water Plant**

3600 Elm Point  
949-3366

## **MISSOURI DRIVERS/VEHICLE LICENSE**

## **St. Charles Office**

2499 Raymond Drive 63301  
636-946-4456

Problem	Who to Call	Phone Number
Fire Gas leak Injury or illness	Emergency	911
Downed electrical lines (24-hr service)	AmerenUE	314-342-1000
Trash service & recycling	Allied Waste	255-6142
Tree dangerous to public	Engineering	949-3237
Sewer backup/flooded street Clogged storm/sanitary drain	Street Division or Water Division (after hours)	949-3363 or 949-3366 (after hours)
Tall grass/overgrown weeds Overflowing dumpster Graffiti or trash-strewn lot Rats or mosquitos Abandoned or unlicensed vehicle Abandoned or dangerous building	Community Development	949-3503
Open fire hydrant	Water Division	949-3239 or 949-3366
Dangerous sidewalk Pothole Sink hole/collapsed street Missing manhole cover SCAT	Street Division	949-3363
Storm water issues	Engineering	949-3237 or 949-3514
Dangerous/stray animal Dead animal	Animal Control	949-3395



Problem	Who to Call	Phone Number
Car/building alarm Loud noise/belligerent person Underage drinking	Police Department	949-3309
Suspected arson	Fire Department	949-3252
Broken/burned out street light	Engineering	949-3237 or 949-3243
Damaged public mailbox	Post Office	1-800-275-8777



## **ST. CHARLES CITY-COUNTY LIBRARY DISTRICT**

**Website:** <http://www.youranswerplace.org/>

**Online catalog:** <http://catalog.sccclib.mo.us>

### **Kathryn Linnemann Branch**

2323 Elm Street 63301

636-723-0232

Full service library specializes in local history and genealogy resources. Offers newly refurbished, accessible facility with many ambient features, such as a fireside reading area. Free Internet access.

### **Kisker Road Branch**

1000 Kisker Road 63304

636-447-READ

### **McClay Branch**

2760 McClay Road 63303

636-441-7577

### **Outreach Program: Deer Run Branch**

City of O'Fallon (delivers county-wide)

636-980-1332

Provides Books-to-You, a book delivery service for people with disabilities, including books on tape for the blind.

## Calendar of Special Events

St. Charles welcomes locals and visitors to more than a dozen cultural, historic, arts, crafts and seasonal festivals each year. Some annual highlights are listed here, by month. To view the actual dates, please visit [www.stcharlescity.com](http://www.stcharlescity.com) and click on the calendar section.

### JANUARY

#### Fête de Glace

100 & 200 Blocks of North Main Street  
9:30am to 3:30pm

Ice carving festival and competition featuring professional ice sculptors. Voting ends at 3:30pm and the winner is announced. Sculptures remain available for viewing until melted. Check the City of St. Charles website for the date.



### FEBRUARY–MAY

#### Crescendo Concert Series

St. Charles Presbyterian Church  
131 Gamble Street



### APRIL

#### Tartan Days

Frontier Park  
[www.motartanday.com](http://www.motartanday.com)

Frontier Park hosts a celebration of Scottish heritage and culture with entertainment, food, vendors, athletics, and more.

#### Spring Art Walk

Main Street and in the Foundry Art Centre,  
520 North Main Center  
[www.saintcharlesriverfrontarts.com](http://www.saintcharlesriverfrontarts.com).

The Foundry Art Center is an accessible, 5,000-square-foot art gallery that hosts national fine art exhibitions, juried shows and contemporary art competitions.



Nearly 100 artists participate each year in the Spring Art Walk. Sculptors, painters, potters, photographers, glass artists, jewelers, digital and fiber artists exhibit their work. (*Note: Exhibits are generally inside, and some buildings on Main Street may not be accessible.*)



## MAY

### **Lewis & Clark Heritage Days** Frontier Park

Lewis & Clark Heritage Days commemorates the Corps of Discovery's time spent in St. Charles in May of 1804, making final preparations for their journey. In Frontier Park, next to the Missouri River, visit the camp of the Discovery Expedition of St. Charles, the only group to reenact the entire Lewis and Clark expedition during the recently concluded national bicentennial commemoration. Their full-scale replica

keelboat and pirogues, which traveled the Ohio, Mississippi and Missouri Rivers, are on display. Food vendors offer era-appropriate fare and craftspeople demonstrate some of the skills and wares required for survival and comfort 200 years ago.

The largest fife and drum muster west of the Mississippi provides stirring military music. Other musicians perform popular tunes of the time. Storytellers tell gripping tales of life in an earlier time, and children can play bygone games.

### **St. Charles in Bloom** South Main Street

Garden center booths featuring garden gifts and the return of the Flower Fairies.

### **Memorial Day Observance** Veterans Memorial, Bishop's Landing

A moving ceremony, accessible to all, in memory of the service and sacrifices of our men and women in uniform.

## MAY–AUGUST

### **Friday Night Flicks in Frenchtown** 1800 Block of North Second Street

Friday Night Flicks is on the fourth Friday of the month. Enjoy music and refreshments at 8:00pm and a movie at dark. Site is accessible but please bring your own seating.

## MAY–SEPTEMBER

### Music on Main

Downtown Historic District, 100 & 200 blocks of North Main Street

Join your friends and neighbors on the third Wednesday of the month from May through September from 5:00–7:30pm for food, drink and live rock, blues or jazz music. A different band plays each month. This event is free to the public and attracts a large crowd. Wheelchair users should plan to come early for parking spots nearby. People with disabilities who need seating should bring their own.

## JUNE–AUGUST

### Hot Summer Nights

North Main Street

Hot Summer Nights are on the fourth Saturday of the month and offer dining under the stars, themed music and cuisine, and late-night browsing of shops and galleries along North Main Street. (*Note:* Not all are accessible.) Event runs from 6:00–11:00pm. Music begins at 7:00pm.

*St. Charles Veterans Memorial  
at Bishop's Landing*





## **St. Charles Municipal Band Concerts**

Jaycee Stage, Frontier Park

Thursday evenings. Concerts begin at 8:00pm. Lawn seating in Frontier Park is wheelchair accessible.

## **Fridays @ Frontier**

Frontier Park

Celebrate the end of your week with the St. Charles Jaycees as they present free concerts from 5:00–11:00pm.

## **JUNE–SEPTEMBER**

## **St. Charles Community Big (Jazz) Band Concerts**

Frontier Park

Jazz concert series on Sundays at 7:30pm.

## **JULY**

## **Riverfest**

Frontier Park

Independence Day celebration features music, games, food, crafts, carnival rides, a parade, and a world-class fireworks display on the Missouri River.

## **Missouri River 340 Race**

Race finishes at Lewis & Clark Boat House and Nature Center, Bishop's Landing

The Missouri River 340 Race represents the world's longest nonstop canoe and kayak race. Competitors start in Kansas City and finish in St. Charles.

A limit of 150 international paddlers participate in the endurance race across the state of Missouri each year. There are





nine checkpoints along the route at which paddlers are required to sign in: Kansas City, Lexington, Waverly, Miami, Glasgow, Cooper's Landing, Jefferson City, Hermann, Washington and the finish line in St. Charles.

## AUGUST

### **Festival of the Little Hills**

Frontier Park and Main Street.

The largest festival of the year, drawing more than 300,000 visitors over the three-day weekend. Activities include more than 300 craft booths, demonstrations by artisans, numerous food and beverage vendors, live music and other entertainment.

## SEPTEMBER

### **Missouri River Irish Fest**

Frontier Park

Celebration of Irish Culture through music, dancing and educational exhibits. There are two stages, a children's area, Celtic vendors, food and drink. On Saturday, there are hurling games at DuSable Park, just north of Frontier Park.

### **Mosaics**

North Main Street

A major arts festival that brings renowned artists from across the U.S. to exhibit and sell their artwork. 125 artists display their work in booths that line Main Street—paintings, sculpture, photography, metalwork, wearable art, pottery, weaving, jewelry, glass, and



textiles. Outdoor music, hands-on activities in the Children's Village, Artists' Demonstration Stage, and the *Mentor Me* art exhibition from local students and teachers at the Foundry Art Centre.

### **Quilts on Main**

North and South Main Street (outside)

Quilts on Main (9:00am–5:00pm) is one of the largest outdoor quilt shows anywhere in the area. Quilts are displayed on the street, in the windows and on the second floor balconies of businesses along historic Main Street. They may be viewed by car.



## **OCTOBER**

### **Oktoberfest**

Frontier Park

Celebration of German heritage includes German bands and entertainment, food,

beer gardens, parade on Saturday, car show on Sunday, children's area with carnival rides and inflatables and craft/vendor booths.

### **4th Friday Art Walk**

North Main Street

Tour local galleries.

### **Halloween on Main**

Main Street

Afternoon Halloween Parade and trick-or-treating on Main Street from 3:00–5:00pm.

### **Annual Halloween Party**

Blanchette Park, Memorial Hall

Kids of all ages enjoy this annual event, featuring games, prizes and hayrides.

## **NOVEMBER**

### **Veterans Day Ceremony**

Veterans Memorial, Bishop's Landing

A moving ceremony, accessible to all, recognizing the service and sacrifices of our men and women in uniform.

## **DECEMBER**

### **Las Posados**

South Main Street and Frontier Park

A Spanish-inspired processional reenactment that ends in Frontier Park

with caroling and fellowship in the Christian tradition. Attendees who have disabilities that preclude a long walk or roll on a cobblestone street may want to station themselves toward the end of the processional, in the 300 block of South Main Street, to capture the end of the ceremony and the short journey into the park for the lighting of the tree.

### Christmas Traditions

Historic South Main Street

[www.stcharleschristmas.com](http://www.stcharleschristmas.com)

Early Americana holiday festivities including outdoor carolers, chestnut roasters and authentically costumed

period Santas from around the world. Santa Parade every Saturday and Sunday at 1:30pm. The shops and restaurants on South Main Street stay open until 9:00pm on Wednesday, Friday and Saturday evenings. Weekend presentations: Saturdays 11:00am–6:00pm and Sundays 12:00–5:00pm. (*Note: A majority of period shops on Main Street are not accessible to people in wheelchairs because of entrance barriers, narrow aisles, non-accessible or non-public restrooms and some multi-floor shops. Sidewalks and cobblestone streets may also be difficult to navigate.*)









## St. Charles Parks

**ONE OF THE THINGS** that makes St. Charles a wonderful place to live and visit is its beautiful parks. There is something for every nature lover, aquatics enthusiast and people watcher. Dog lovers will particularly like our accessible dog park, where dogs run free, protected by gated enclosures.

The Ben Rau Memorial Garden at Blanchette Park is a standout for gardeners, bird watchers and butterfly lovers, while the Braille Trail in McNair Park offers a great sensory experience with several water features and multiple beds of fragrant flowers. Both are fully accessible to people with disabilities.

### BERTHOLD SQUARE PARK

Main Street and First Capitol Drive (.2 acres)  
**Hours:** Open 24 hours a day, year round

While visiting Historic Main Street to shop or dine, Berthold Square is the perfect place to stop and enjoy the beauty of the surrounding area.

#### Features

- Rest Area (Benches)
- Drinking Fountain

*Left: Extensive, accessible trails meander through the magnificent Ben Rau Memorial Garden at Blanchette Park.*





## BLANCHETTE PARK

1900 West Randolph Street

**Hours:** Daylight–12:00am (April 1–Nov. 14)  
Daylight–10:00pm (Nov. 15–March 31)

Blanchette Park is the oldest city park in St. Charles. It was acquired in 1914 and houses the St. Charles Parks and Recreation Department within its 44 acres. The park boasts new playground equipment that accommodates children with cochlear implants by reducing static electricity. The playground also has large, high-backed, secure swings to accommodate children with special

needs, as well as a soft surface that accommodates children and adults in wheelchairs and reduces injuries to children of all abilities.

The magnificent and historic **Ben Rau Memorial Garden** is located near the playground. The garden was originally a man-made lake, but when it failed to hold water it was converted into the sunken gardens that exist today. WPA workers built the beds and trails in the 1930s. One would be hard-pressed to find a more beautiful garden in St. Charles.

Rau Garden is a standout for people with disabilities. Accessible trails pass by gorgeous flower beds and surrounding berms that overflow with more than 100 different perennials and over 50 types of trees and shrubs. Each year the gardeners plant more than 1,000 annuals to add to the mix. Great urns, planted strategically to capture maximum interest at every turn, are expertly composed.

The garden is host to multiple species of butterflies and hummingbirds, and makes a lovely, picturesque setting for weddings and special occasions.

Just above Rau Garden on the parking lot side is a small garden called **Garden of Hope**. This area is marked by a statue of the Angel of Hope, and serves as a memorial for children who have died.

The statue and surrounding area are intended to be a place of peace and



healing for bereaved parents and families. To honor their children's memories, parents may purchase engraved memorial bricks to place at the base of the Angel of Hope. To purchase a brick or to learn more about the memorial, contact the National Share Office at St. Joseph Health Center, 300 First Capitol Drive, St. Charles, MO 63301, **636-947-6164** or **1-800-821-6819**. You can find them online at: <http://www.nationalshareoffice.com>

### Angel of Hope Memorial Service

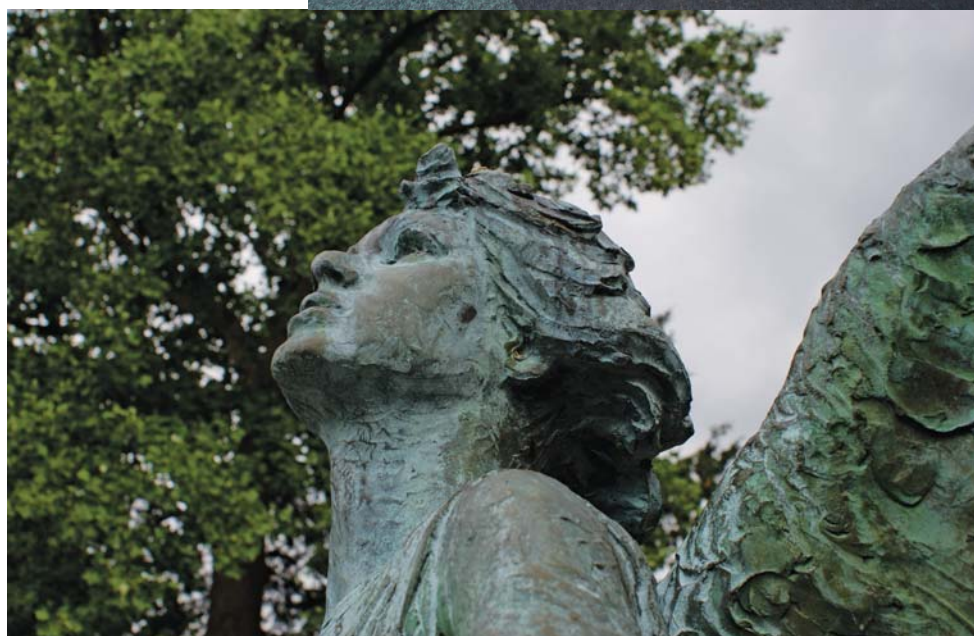
Each year on December 6th at 7:00pm a Candlelight Memorial Service is held at the Angel of Hope. All are welcome to attend in memory of beloved, departed children. It is customary to bring a candle and a white flower.



*Opposite: A special slide accommodates children with cochlear implants, providing a low-static ride to the ground below.*

*Above right: Accessible swings accommodate children with special needs.*

*Right: The comforting visage of the Angel of Hope.*







## Park Features

- Aquatic Center Facility
- Memorial Hall Banquet Facility
- 2 Large Ball Diamonds & 2 Small Ball Diamonds
- Concession Stand
- 1 Football Field (Seasonal Overlay on Large Ball Diamonds)
- 12 Horseshoe Courts
- 3 Tennis Courts
- 4 Picnic Shelters
- Large Playground Area
- Ben Rau Memorial Garden
- 2 Shuffleboard Courts
- Sledding Hill
- Paved Hiking/Biking Trail Park

## Reserving Rau Garden

The garden is reserved in three-hour time periods: 8:00–11:00am, 12:00–3:00pm, and 4:00–7:00pm.

The cost to reserve Rau Garden is \$85 for a St. Charles City resident or \$170 for a non-resident for each three-hour period.

An additional \$25 per three-hour period is required if electricity is needed. To find out more, check with the Parks Administration office at **636-949-3372**.

## BOONE'S LICK PARK

1000 Rosebrea Drive (24 Acres)

**Hours:** Daylight to dark

## Features

- 2 Baseball/Softball Diamonds
- 2 Picnic Shelters
- 2 Playground Areas
- 1 Tennis Court
- Restrooms
- Senior Garden





## CIRCLE DRIVE PARK

1000 Circle Drive (.5 acres)

**Hours:** Daylight to dark

### Features

- Small Neighborhood Green Space
- Playground Area

## FOUNTAIN LAKES PARK

Huster Road at Highway 370 (145 Acres)

**Hours:** Daylight to dark

Fountain Lakes offers a unique landscape with a naturalized area for enjoying wildlife. All lakes are open for fishing and are stocked annually. Fountain Lakes is also unique with a hiking/biking trail underneath Interstate 370 that connects the two sides of the park. To visit Fountain Lakes, access Huster Road from Elm Point Road or Fountain Lakes Boulevard.

### Features

- 4 Fishing Lakes
- Restrooms
- Skate Park Facility
- Paved Hiking/Biking Trails

*Missouri's premier bike path, the Katy Trail, passes through Frontier Park. The park also features a paved, accessible path with wide views of the Missouri River (opposite).*

## FOX HILL PARK

3309 Kister Drive (25.5 Acres)

**Hours:** Daylight to dark

### Features

- Baseball/Softball Diamond
- 2 Small Picnic Shelters
- Playground Area
- Paved Hiking/Biking Walkway
- Half Court Basketball
- Restrooms
- 2 Interconnected Lakes with Trails

## FRENCHTOWN PARK

2nd Street & Lawrence Street (.1 Acres)

**Hours:** Open 24 hours a day, year round

### Features

- Rest Area (Benches)
- Outdoor Movies on Summer Evenings











## FRONTIER PARK

500 S. Riverside Drive (16 Acres)

**Hours:** Daylight–12:00am (April 1–Nov. 14)

Daylight–10:00pm (Nov. 15–March 31)

Frontier Park is the home of many special events throughout the year, hosted by local organizations and the City of St. Charles. These include the Riverfest Fourth of July celebration, Lewis and Clark Heritage Days, Festival of the Little Hills and Oktoberfest. It also serves as the final stop during St. Charles' annual Las Posados celebration in December.





The park offers great views of the Missouri River and access to the Katy Trail, making it a wonderful place to ride, walk or roll.

### Features

- 15-Foot Lewis & Clark Commemorative Statue
- Historical Markers
- MKT Depot
- Missouri Department of Natural Resources' Katy Trail runs through the Park
- Outdoor Jaycee Stage
- Paved Hiking/Biking Trail
- Rest Area (Benches)
- Pedestrian access to St. Charles Veterans Memorial and the Lewis & Clark Boat House and Nature Center

### JAYCEE PARK

2805 Elm Street (12 Acres)

Hours: Daylight to dark

### Features

- 2 Baseball/Softball Diamonds
- Picnic Shelter
- Small Playground Area
- Restrooms
- Trail





### JEAN BAPTIST POINT DUSABLE PARK

Jean Baptist Point DuSable Park is comprised of three separate park areas situated along the Missouri River and a dog park with two separate areas, one for small dogs and one for large and medium dogs.

#### Blanchette Landing

**Hours:** Daylight–10:00pm

- Boat Ramp Launch Area: boat launching 24 hours a day
- Gazebo
- Restrooms

#### French August Regot Area

**Hours:** Daylight–10:00pm

- Basketball Court
- Playground
- Picnic Shelter
- Accessible Restrooms

#### Ed Bales Park

**Hours:** Daylight–10:00pm

- Basketball Court
- Playground
- 3 Picnic Shelters
- 2 Baseball/Softball Diamonds
- Paved Hiking/Biking trail
- Accessible Restrooms
- Nature Area



#### DuSable Dog Park

**Hours:** Daylight–10:00pm

Dogs run free in this enclosed park. People with disabilities may need special assistance to gain entrance, as dogs and owners must first go into a holding area before accessing the park, and this requires the opening of two manual access gates.

### KISTER PARK

408 S. Main Street (.4 Acres)

**Hours:** Daylight–10:00pm (April 1–Nov. 14)

Daylight–4:30pm (Nov. 15–March 31)

#### Features

- Rest Area (Benches)
- Gazebo
- Accessible Restrooms

## MCNAIR PARK

3050 Droste Road (98 Acres)

**Hours:** Daylight–12:00am (April 1–Nov 14 )  
Daylight–10:00pm (Nov 15–March 31)

McNair Park is split into two sections, the main area and a day camp area. For people with disabilities, there is a Lion's Club sponsored accessible **Braille Trail** in the main area that features Braille markers at various intervals. These provide information on the flora in this aromatic, tactile and beautiful garden. Water features abound, including a dramatic, spray-producing fifteen-foot fountain and a Koi and water lily pond.

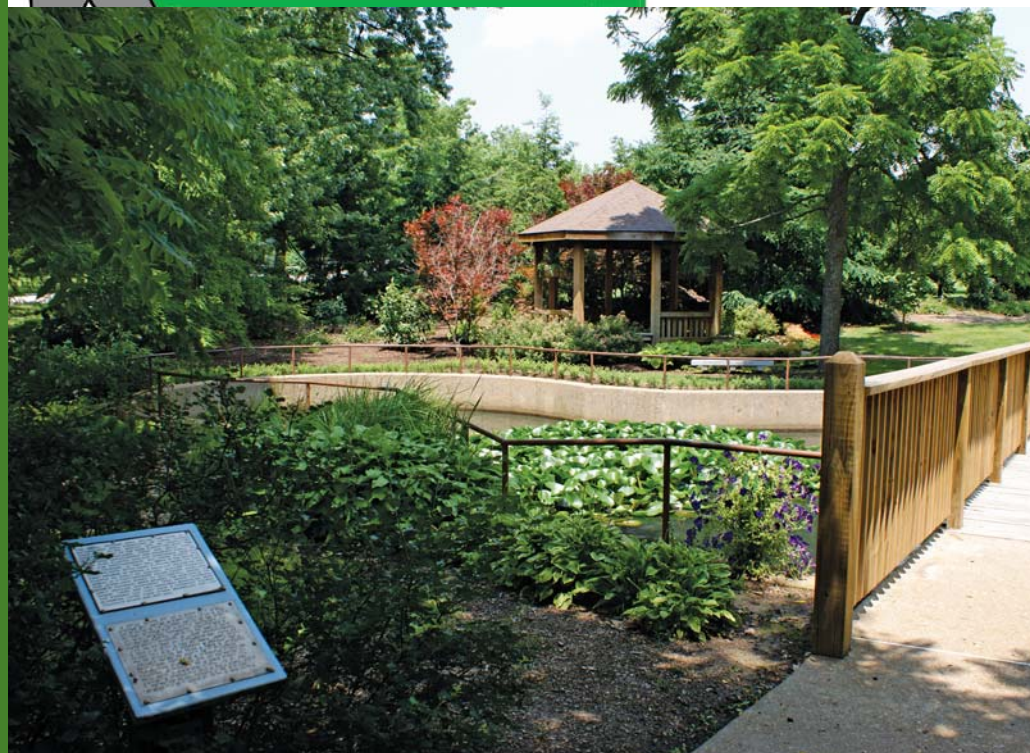
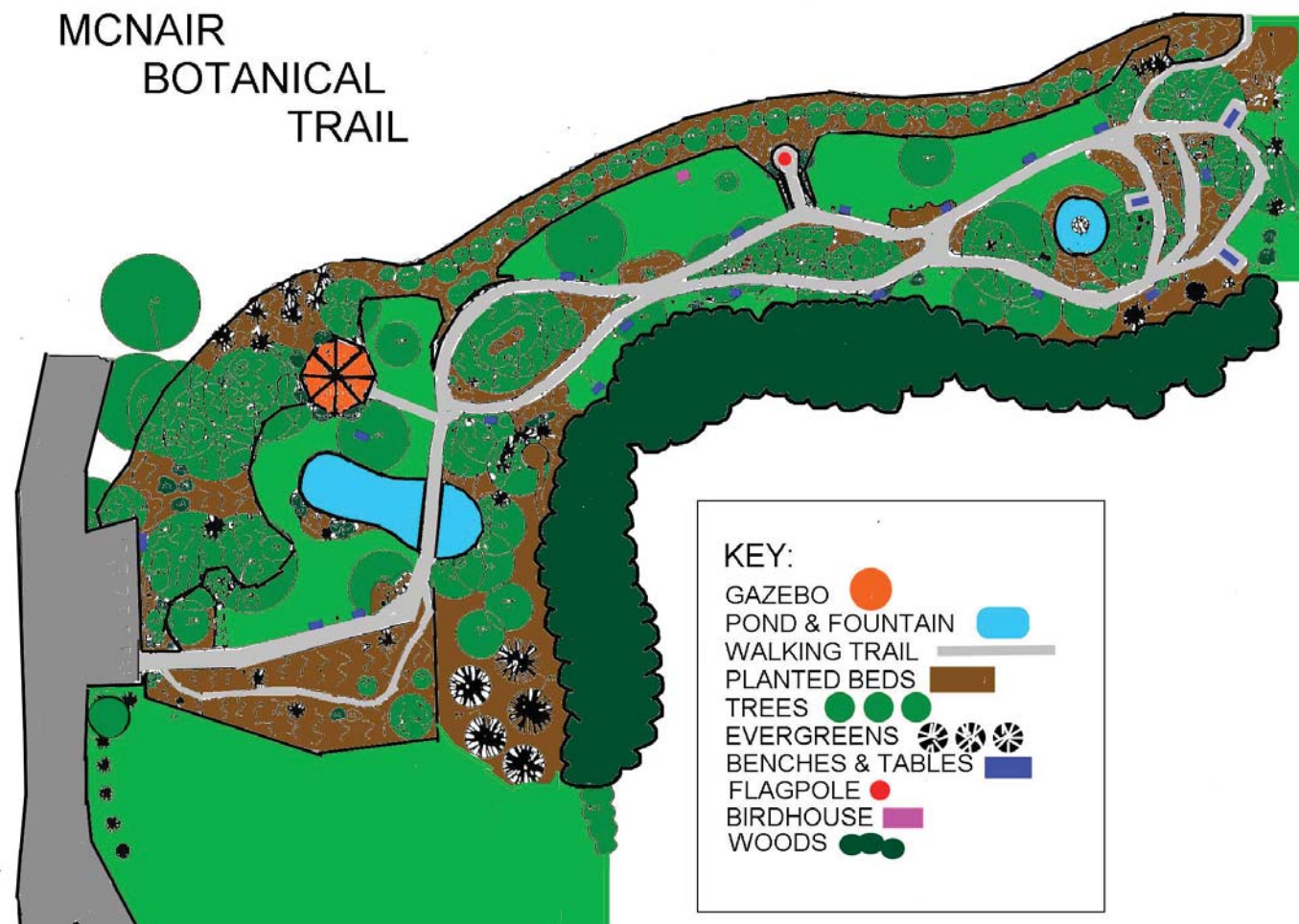


*Accessible water fountain*





# MCNAIR BOTANICAL TRAIL



*A Braille marker  
(in foreground)  
describes the Koi  
and water lily pond.*



You can hear the sounds of water throughout the walking/rolling trail, and the occasional fish splashing in the pond from a nearby (accessible) gazebo. Wheelchair accessible picnic tables and water fountains are sprinkled throughout this idyllic setting, making it a perfect place for people with disabilities to meet friends or have a picnic. *Note:* People with vision disabilities who read Braille may want to visit the park once with a sighted individual to learn the location of the markers.



### McNair Day Camp Area

- Concession Stand
- 2 Baseball/Softball Diamonds
- 4 Tennis Courts
- Accessible Restrooms
- Paved Hiking/Biking Trail
- 2 Soccer Fields (Seasonal)
- Permanent Soccer Field
- Horseshoe Court
- Sand Volleyball Courts

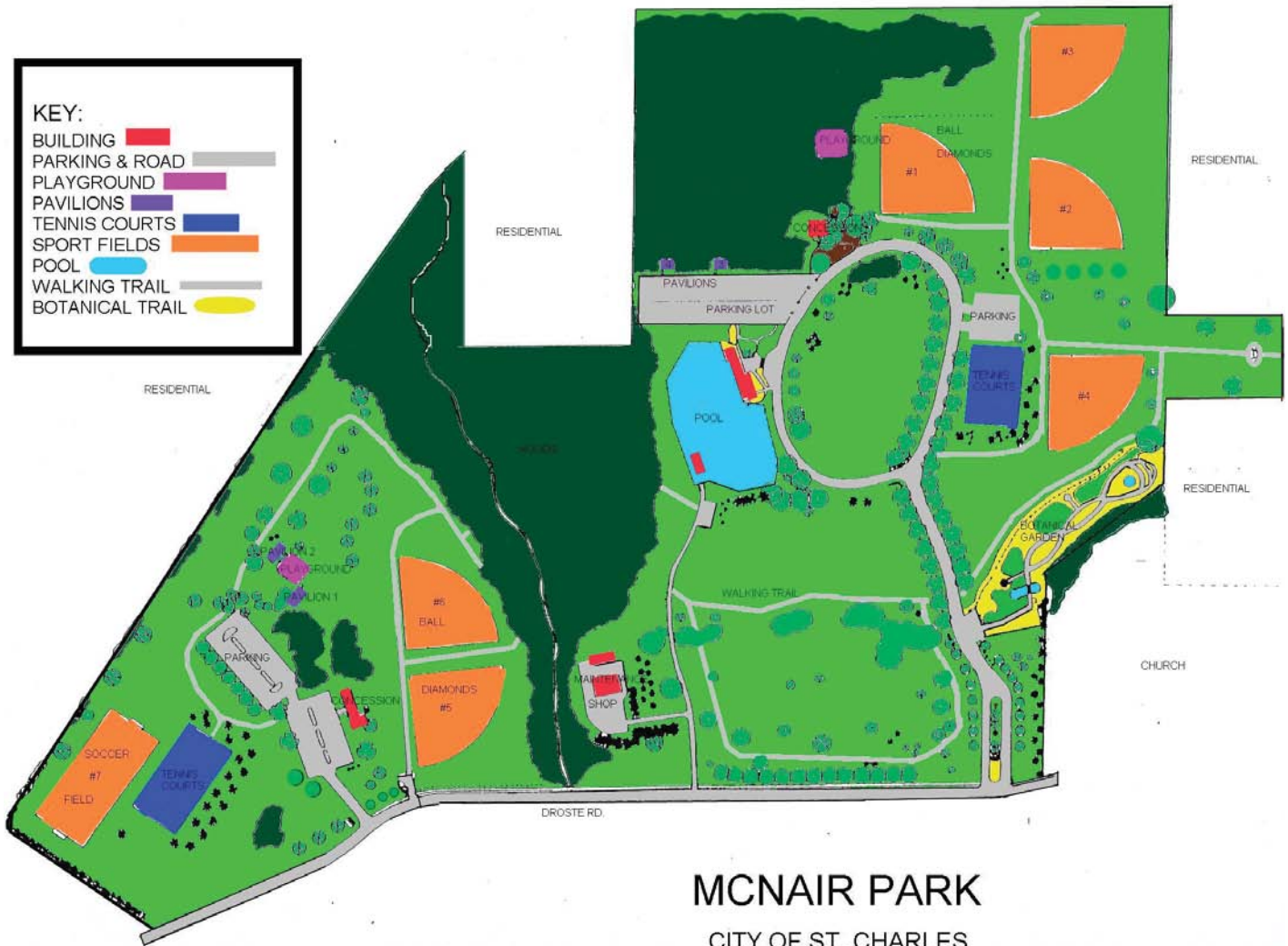
## Features

### McNair Main Area

- Aquatic Center Facility
- Softball Diamonds
- Concession Stand
- Playground
- Braille Trail
- Gazebo
- Paved Hiking/Biking Trail
- Cross Country Course
- 1 Football Field (Seasonal)
- Accessible Restrooms



*The Braille Trail at McNair Park features special picnic tables that are accessible to people in wheelchairs.*



## SAINT CHARLES SOCCER COMPLEX PARK

3801 Mueller Road (60 Acres)

**Hours:** Daylight–12:00am (April 1–Nov 14 )

Daylight–1:00pm (Nov 15–March 31)

The St. Charles Soccer Complex is home to seven major tournaments annually, two league tournaments and recreational league play throughout the year. For more information about joining a youth league, contact St. Charles County Youth Soccer Association, SCCYSA.

### Features

- 16 Soccer Fields
- 2 Concession Stands
- Playground Area
- Paved Hiking/Biking Trail
- Restrooms

## SCHAEFER PARK

2701 Old Highway 94 S. (8.6 Acres)

**Hours:** Daylight to dark

### Features

- Picnic Shelter
- Playground Area
- Paved Hiking/Biking Trail
- Accessible Restrooms

## SCHNEIDER/KIWANIS PARK

3951 Old Elm Point Road (6 Acres)

**Hours:** Daylight to dark

### Features

- 2 Baseball/Softball Diamonds
- Picnic Shelter
- Playground Area
- Horseshoe Court
- Sand Volleyball Court
- Accessible Restrooms

## WAPELHORST PARK

1875 Muegge Road (78 Acres)

**Hours:** Daylight–12:00am (April 1–Nov 14 )

Daylight–1:00pm (Nov 15–March 31)

Wappelhorst may not have the historical value or the old growth trees of other parks in St. Charles, but it boasts the best park-based aquatic center in St. Charles and surrounding counties. It also has a modern, if not completely accessible, playground and three picnic areas.







### Wapelhorst Park Features

- Aquatic Center Facility
- 4 Softball Diamonds
- Concession Stand
- 2 Small Soccer Fields
- 2 Tennis Courts
- 3 Picnic Shelter
- 2 Sand Volleyball Courts
- Playground Area
- Paved Hiking/Biking Trail
- George Gould Community Building
- Small Fishing Lake
- Accessible Restrooms

## WEBSTER/HEATHERBROOK PARK

End of Wildwood Court from Pralle Lane  
(9 Acres)

**Hours:** Daylight to dark

### Features

- Softball Diamond/Open Space
- Small Lake
- Playground Area

Webster Park is the newest addition to St. Charles' outdoor recreational facilities. Its topography is different than most of our parks, featuring rolling hills, a meadow, wooded areas and a creek. It also has walking trails, picnic areas, wetlands, pavilions and an accessible community building for gatherings.

The trail system provides a walking link between Webster and Heatherbrook Parks.

## WESTWINDS PARK

114 Paula Avenue (.1 Acres)

**Hours:** Daylight to dark

### Features

- Playground Area

## WOODLANDS PARK

1278 Harvest Ridge Dr. (8.5 Acres)

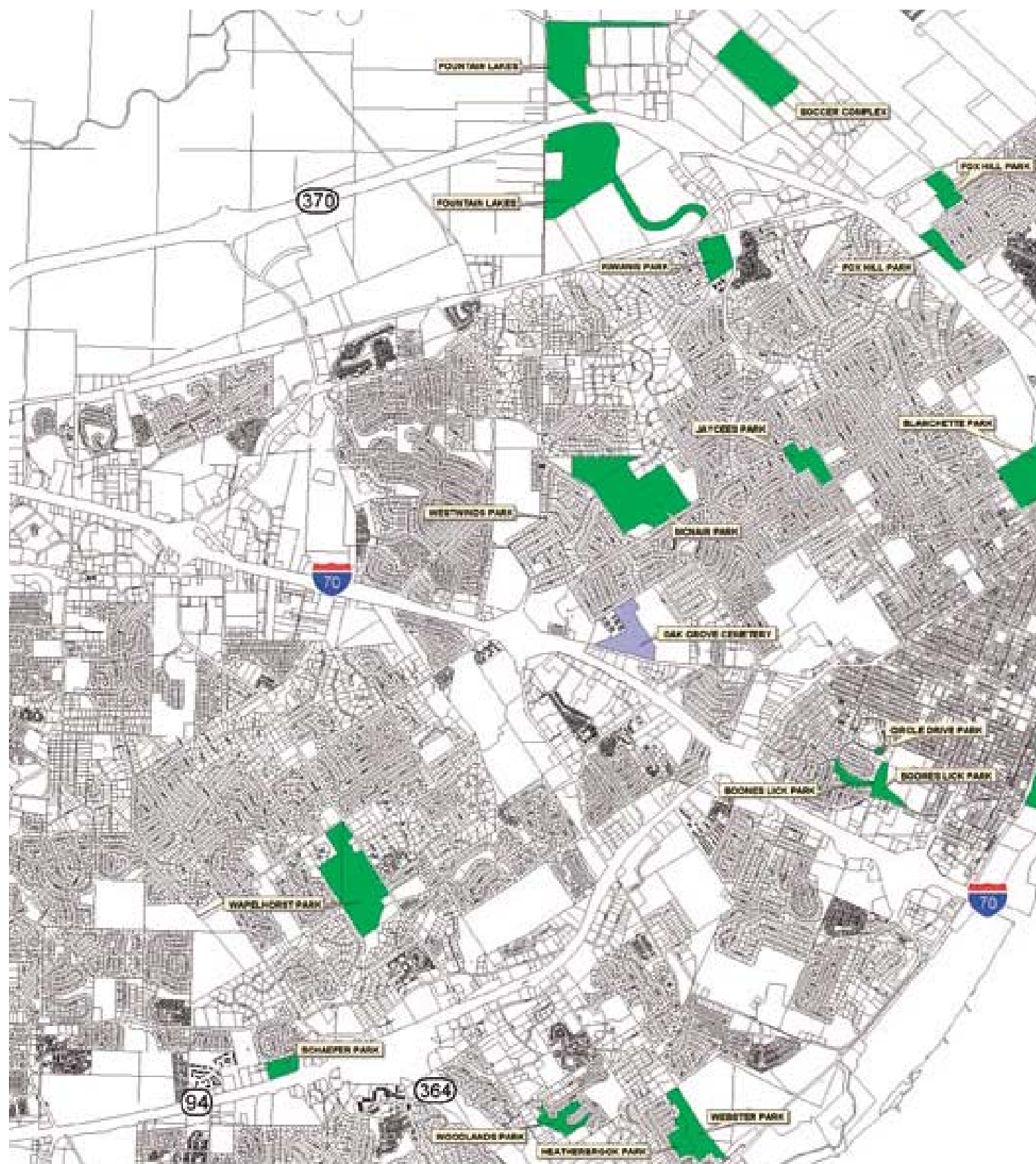
**Hours:** Daylight to dark

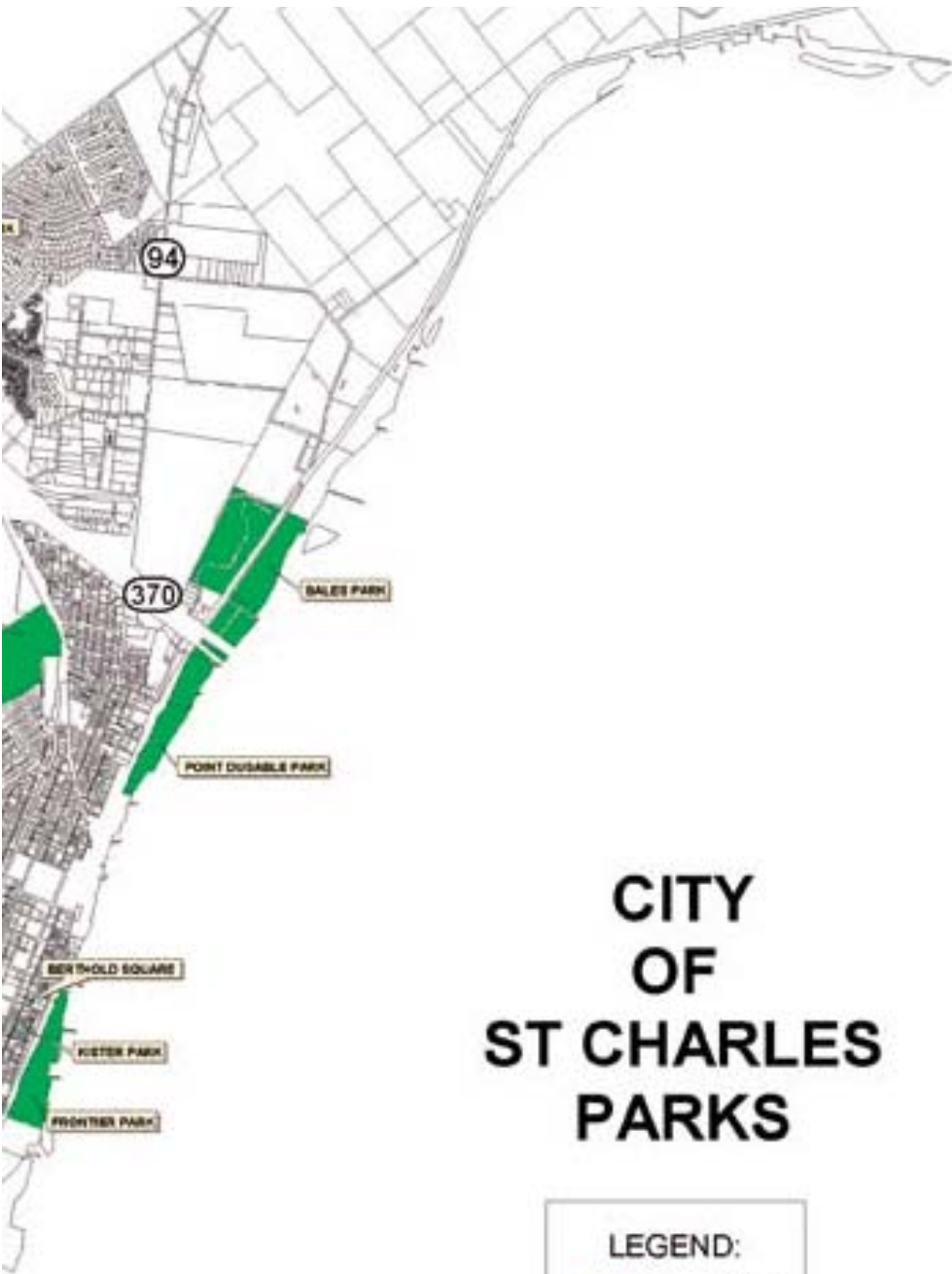
### Features

- Nature Area

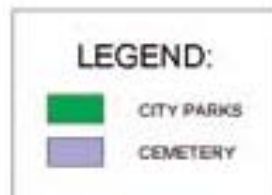








# CITY OF ST CHARLES PARKS



2016-2017







## DINING

The following restaurants have accessible parking, entrances and restrooms.

### **Alfredo Grill**

504 Droste Road 63301  
636-947-9997

### **Allin's Diner**

130 North Kingshighway 63301  
636-946-5556  
*No accessible restroom*

### **Amerisports**

Ameristar Casino  
1260 Main Street 63301  
636-940-4935

### **Applebee's**

2921 Veterans Memorial Parkway 63303  
636-724-5757

### **Baja Rock Club**

305 North Main Street 63301  
636-949-0466

### **Bangkok Chef**

2009 Zumbahl Road 63303  
636-916-3278

### **Beef Eaters Pub & Grill**

111 Transit Sreet 63301  
636-916-5874

### **Bellacino's**

1455 Bass Pro Drive 63303  
636-925-2953

### **Big A's on the Riverfront**

308 North Main Street 63301  
636-949-9900

### **Bob Evans**

1998 Zumbahl Road 63303  
636-949-0900

### **Bottleneck Blues Bar**

Ameristar Casino  
1260 Main Street 63301  
636-940-4965

### **Buffalo Wild Wings**

1465 Bass Pro Drive 63301  
636-916-5353

### **Captain D's**

2951 Veterans Memorial Parkway 63303

### **Cecil Whittaker's Pizzeria**

2418B West Clay 63301  
636-947-3905

**China King**

2299 Elm Street 63301  
636-723-8888

**Chinatown Express**

2205 First Capitol Drive 63301  
636-949-6850

**Chinese Express**

1610 Country Club Plaza Drive 63303  
636-947-4414

**Chevys Fresh Mex**

2911 South Service Road 63303  
636-946-3434

**Chocolate Chocolate Chocolate**

2069 Zumbahl Road 63303  
636-946-6363

**Chuck-A-Burger Drive In**

3150 Elm Pointe Industrial Drive 63301  
636-916-1957

**Chuck E. Cheese's**

2669 Veterans Memorial Parkway 63303  
636-946-3444

**CiCi's Pizza**

1071 Regency Parkway 63303

**The Columns**

711 Veterans Memorial Parkway 63303  
636-947-4729

**Cracker Barrell Old Country Store**

901 Veterans Memorial Parkway 63303  
636-947-6566

**Culpeppers**

3010 West Clay 63301  
636-916-3105

**Culver's of St. Charles**

2750 Muegge Road 63303  
636-922-7537

**Dairy Queen**

2195 First Capitol Drive 63301  
636-724-6040

**Dairy Queen**

301 Little Hills Expressway 63301  
636-947-7900

**Denny's Restaurant**

1423 South Fifth Street 63301  
636-561-1885

**Domino's Pizza**

2181 Droste Road 63301  
636-723-0150



**Donut King**

662 First Capitol Drive 63301  
636-946-3638

**Doozles Frozen Custard**

3156 Elm Point Industrial 63301  
636-940-0081

**El Agave Mexican Restaurant**

3823 Elm Street 63301  
636-925-2332

**El Maguey**

1151 South Duschene Drive 63301  
636-949-8848

**El Mariachi**

1934 Zumbahl Road 63303  
636-946-7600

**El Tio Gera**

2220 First Capitol Drive 63301  
636-947-3299

**El Tio Pepe**

1459 Bass Pro Drive 63301  
636-946-8467

**Falcon Diner**

Ameristar Casino  
1260 Main Street 63301  
636-940-4955

**47 Port Street Grill**

Ameristar Casino  
1260 Main Street 63301  
636-940-4471

**Fratelli's Ristorante**

2061 Zumbahl Road 63303  
636-949-9005

**Grappa Grill Patio**

1644 Country Club Plaza 63303  
636-940-5400

**Great Harvest Bread Co.**

3843 Mexico Road 63303  
636-939-4799

**Great Wall Buffet**

2867 Veterans Memorial Parkway 63303

**Hardee's**

2701 Highway 94 North 63301  
636-946-9610

**Hardee's**

2023 Zumbahl Road 63303  
636-947-4606

**Heart of St. Charles Banquet Center**

1410 South Fifth Street, Svc 3 63301  
636-947-8270



**Hotshots Sports Bar & Grill**

1636 Country Club Plaza Drive 63303  
636-947-8833

**Imo's Pizza**

2260 First Capitol Drive 63301  
636-946-5040

**Imo's Pizza**

3742 Elm Street 63301  
636-724-4667

**It's A Grind Coffee House**

3833 Elm Street 63301  
636-916-5282

**Jack in the Box**

3710 Elm Street 63301  
1-800-955-5225

**Jack in the Box**

1992 Zumbahl Road 63303  
636-949-2310

**Jack in the Box**

1016 South Fifth Street 63301  
636-896-8092

**JJ's Bar and Grill**

1215 South Duchesne Drive 63301  
636-946-3500

**Kentucky Fried Chicken / Taco Bell**

620 South Fifth Street 63301  
636-723-6884

**King Edwards Chicken**

1201 South Duchesne Drive 63301  
636-946-3660

**Lady Di's Deli & Diner**

630 North Kingshighway 63301  
636-916-4442

**Landmark Buffet**

Ameristar Casino  
1260 Main Street 63301  
636-940-4470

**Lion's Choice**

3140 Elm Street 63301  
636-947-7638

**Little Hills Winery & Restaurant**

501 South Main Street 63301  
636-946-9339  
*Patio only*

**McAlister's Deli**

1598 Country Club Plaza Drive 63303  
636-946-8772



**MacDonald's**

3701 Elm Street 63301  
636-978-3366

**MacDonald's**

1160 South Fifth Street 63301  
636-978-3366

**MacDonald's**

1890 Zumbuhl Road 63303  
636-947-0951

**MacDonald's**

740 South Duschesne Drive 63301  
636-946-3097



**Miss Aimee B's Tea Room**

837 First Capitol Drive 63301  
636-946-4202  
Patio only

**Mr. Goodcents Subs & Pastas**

3722 Elm Street 63301  
636-724-8811

**Mr. Steak**

2731 Veterans Memorial Parkway 63303  
636-946-7444

**O'Bee's Restaurant**

2436 West Clay 63301  
636-946-9694

**Oriental Palace**

2009 Zumbuhl Road 63303  
636-947-8810

**Outback Steakhouse**

1620 Country Club Plaza Drive 63303  
636-940-9409

**Papa John's Pizza**

2218 First Capitol Drive 63301  
636-7824-1700

**Pearl's Oyster Bar**

Ameristar Casino  
1260 Main Street 63301  
636-940-4945

**Popeye's**

2121 Zumbuhl Road 63303  
636-949-9666

**Quiznos Sub**

1211 Zumbuhl Road 63303  
636-724-7827

**Quiznos Sub**

2621 Muegge Road 63303  
636-447-0937

**Rally's Hamburgers**

826 First Capitol Drive 63301  
636-947-8588

**Rookie's Bar**

3721 New Town Boulevard 63301  
636-724-3737

**Rosciglione Bakery**

2265 Bluestone Drive 63303  
636-947-6500

**RT Weiler's**

201 North Main 63301  
636-947-1593

**The Saint Louis Bread Company**

2079 Zumbahl Road 63303  
636-946-1701

**Saullo's Restaurant**

2778 Muegge Road 63303  
636-922-9105

**Show Me Restaurant**

1020 Wall Street 63303  
636-946-0490

**Side Pockets**

1439 Bass Pro Drive 63301  
636-724-9300

**Sonic Drive In**

3821 West Elm 63301  
636-925-0044

**Sonic Drive In**

2015 Highway 94 South 63303  
636-724-8000

**Spiro's Restaurant**

2275 Bluestone Drive 63303  
636-916-1454

**Steak-n-Shake**

2221 First Capitol Drive 63301  
636-946-5474

**Steak-n-Shake**

3909 Mexico Road 63303  
636-441-4279

**Steak-Out**

1456 Bass Pro Drive 63301  
636-947-6888

**Stefanina's Express**

3831 Elm Street 63301  
636-723-7800

**Stefanina's Express**

1938 Zumbuhl Road 63303  
636-724-7800

**Stegton Regency Banquet Center**

1450 Wall Street 63303  
636-946-6860

**Subway**

1064 Regency Parkway 63303  
636-949-2681

**Subway**

3735 Elm Street 63301  
636-946-7823

**Subway**

1352A South Fifth Street 63301  
636-947-7570

**Taco Bell / Kentucky Fried Chicken**

620 South Fifth Street 63301  
636-723-6884

**Taco Bell**

3797 Elm Street 63301

**Taco Bell**

2203 Droste Road 63301  
636-946-5656

**Taco Bell**

2003 Zumbuhl Road 63303  
636-947-2623

**Talayna's World Class Pizza**

340 North Main 63301  
636-603-9255

**Thursday's**

3434 Harry S Truman Boulevard 63301  
636-946-7448

**Tony's On Main Street**

132 North Main Street 63301  
636-940-1960  
*Park in back*

**TGI Friday's**

2000 First Capitol Drive South 63303  
636-940-2000

**Waffle House**

1200 South Fifth Street 63301  
636-447-3604

**White Castle**

2000 Old Highway 94 South 63303  
314-535-7430

**Wiliker's**

1566 Country Club Plaza Drive 63303  
636-947-1441

**Winery of the Little Hills**

501 South Main Street 63301  
636-946-9339  
*Patio only*





## LODGING

The following hotels/motels have accessible parking, entrances and rooms.

### **Ameristar Hotel St. Charles**

One Ameristar Boulevard 63301

636-949-7777

Toll free: 866-MORE FUN

### **Comfort Suites**

1400 South Fifth Street 63301

636-949-0694

### **Embassy Suites**

Two Convention Center Plaza 63303

636-946-5544

### **Fairfield Inn**

801 Veterans Memorial Parkway 63301

636-946-1900

### **InTown Suites**

1769 Fair Lane Drive 63303

636-947-3400

### **Motel 6**

3800 Harry S Truman Boulevard 63301

636-925-2020

### **Quality Inn & Suites**

1425 South Fifth Street 63301

636-946-6936



### **Red Roof Inn**

2010 Zumbahl Road 63303

636-947-7770

### **Sleep Inn & Suites**

150 Fountain Lakes Boulevard 63301

636-947-0330

### **St. Charles Inn Best Western**

Bass Pro Drive 63301

877-547-2464 or 636-916-3000

### **Super 8 Motel**

3040 West Clay 63301

636-946-9992



## ARTS & ENTERTAINMENT

### Ameristar Casino St. Charles

Located on 52 acres immediately north of the Blanchette Bridge in St. Charles, the Ameristar complex is one of the largest tourist destinations in the region. It features a 130,000-square-foot casino with Las Vegas-style gaming and an indoor streetscape, several restaurants, bars and nightclubs. It also has an accessible hotel with world class amenities, including two ballrooms, a conference center and a business center. Ameristar Casino St. Charles is the gaming destination of choice in the region and hosts more than 10 million visitors per year.

### Bottleneck Blues Bar at Ameristar Casino



The 300-seat, Delta-style club hosts live music six nights a week in a comfortable, intimate and accessible setting. Hours are 6:00pm to 12:00am Tuesday through Thursday; open until 1:00am on Friday and Saturday; closed Sunday and Monday. The Bottleneck Blues Bar features world-class musicians. Entertainment and ticket information is available on the concert hotline at **636-940-4966**.



## The Family Arena

Conveniently located 1.5 miles south of I-70 and Fifth Street in St. Charles on Arena Parkway

636-896-4200

*Accessible Seating, Assisted Listening Devices (ALDs) and Elevators*

Accessible seating is offered in all price ranges for people with disabilities.

### Seating Capacity

- Half House at 180 degrees—6,339
- End Stage at 270 degrees—7,896
- Soccer Configuration—9,643
- Hockey Configuration—9,643
- Football Configuration—9,755
- Basketball Configuration—10,467
- End Stage at 360 degrees—11,522

### Assisted Listening Devices (ALDs)

for the hearing impaired are available on event days from guest services

representatives. ALDs may also be tuned to local radio broadcasts so that visually impaired guests can hear games play-by-play. For assistance purchasing accessible seating, please call the Family Arena ADA Hotline at **636-896-4234**.

The passenger elevator, available to all guests, is located in the southwest corner of the building in the main lobby. The elevator services all four floors including the concourse and club levels.



### Exhibit Space

- Arena Floor—17,900 square feet
- Upper Concourse Area—22,000 square feet

### Box Office

The Family Arena Box Office is open Monday through Friday from noon to 6:00pm for walk up service only. On event nights, the ticket office remains open until approximately one hour after event start time. The box office is closed on Saturdays and Sundays. If there is an event on a Saturday or Sunday, the box office opens four hours prior to the event.

Cash, Visa, MasterCard, American Express and Discover are accepted. Checks are not accepted. There is no service charge on tickets purchased at the Family Arena ticket office.

Tickets for all Family Arena events are also available at all MetroTix locations; online at **www.metrotix.com**; or charge by phone at **314-534-1111** or toll free at **1-800-293-5949**. Fee applies.



## Foundry Art Centre

520 North Main Center 63301

636-255-0270

**Hours:** Tuesday–Saturday 10:00am–5:00pm

Sunday 12:00–4:00pm

Monday closed

The Foundry Art Centre (FAC) is an interactive, interdisciplinary arts center dedicated to the creation and presentation of contemporary visual and performing arts. Its mission is to bring together the arts, artists and the public through exhibitions, studio space, performance and educational programs.

The **Children's Gallery** includes work by contemporary artists working in all media. Art materials and supplies are available so that young visitors can create their own masterpieces.

The Foundry's grand hall serves as a location for public events and private functions.



The Foundry resides in what was once a train car factory. Rather than demolish this 1940s structure, the City of St. Charles made the financial commitment to renovate.

Art studios are located on the mezzanine level of the building, with glass fronts to allow visitors to see artists involved in painting, sculpture, ceramics, book arts, photography, jewelry making, textiles, printmaking and mixed media. Studio artists are selected for the quality of their artwork and their ability to demonstrate their artistic expertise to the public.

Any artist wishing to lease a studio from FAC should send a self-addressed, stamped envelope to the address above to request an application form.



## **Lindenwood University's Center for Fine and Performing Arts**

2300 West Clay Street 63301

636-949-4433

[www.lindenwoodcenter.com](http://www.lindenwoodcenter.com)



The 138,000 square foot, \$32 million, fully accessible fine and performing arts center features:

### **The Bezemes Family Theater**

The main auditorium seats 1,200: 841 in the orchestra/mezzanine plus four wheelchair spaces, 329 in the balcony and 22 box seats. The main stage area is approximately 54 feet deep by 114 feet, 6 inches wide. It is an all-Steinway facility with a Concert Grand Steinway at the rear stage wall and a Baby Steinway Grand in the orchestra pit.

### **The Emerson Black Box Theater**

The theater seats 250 and is available for commercial and nonprofit use. Theater groups can set up the stage in multiple configurations. Walls are sound proof.

### **The Performing Arts Center Lobby**

The lobby area is available for special functions, catered meals, meetings and art exhibits.

### **The Boyle Secure Gallery**

The art gallery is available for private or public showings and may be rented along with the center lobby for catered events or music recitals.

## **Dance and music studios**

The music and dance studios are available for rehearsals and recitals on a limited basis.

## **High-definition television studio**

The main television studio is 40 x 45 feet and has room for multiple sets. It also is available for rent on a limited basis.

## **Lewis & Clark Boat House and Nature Center**

Bishop's Landing 63301

636-947-3199

**Hours:** Monday–Saturday 10:00am–5:00pm  
Sunday Noon–5:00pm.

Closed on New Year's Day, Easter, Thanksgiving, and Christmas.

**Entrance Fee:** Adults—\$2.50  
Children under 17—\$1.50  
Group rates are available  
(Groups of 15 or more)

Situated beside the Missouri River at Bishop's Landing off Riverside Drive and only a short walk from Frontier Park, the educational facility features exhibits relating to the Lewis and Clark expedition and the Missouri River ecosystem.

The **Lewis and Clark Museum** is located on the upper level of the Boat House and is accessible by elevator. Dioramas illustrate highlights of the Lewis and Clark Expedition, Native American cultures, and Missouri River habitats



encountered during the journey. The museum tour is self-guided. Visitors receive an informational brochure that includes activities for all ages. The museum's artwork, "Missouri River Walk," is the largest indoor mural in the state. Visitors get a feel for old St. Charles with four half-scale buildings showing architectural styles of the eighteenth and nineteenth centuries.

The museum and classroom are available for meetings, receptions and other events, both during the business day and after hours. Call for event guidelines.

**The Trading Post**, a museum shop, has a wide selection of books and gift items.

Plants native to Missouri at the time of

Lewis and Clark are found in the **Walk of Discovery**, adjacent to the Boat House. Depending on the time of the year and time of day, you might observe ducks, geese, herons, deer and other wildlife as they visit the nearby woods, river and wetlands.

The **Boat House** is located on the lower level. It houses full-scale replicas of the boats used by Lewis and Clark and the Corps of Discovery. Volunteer members of the Discovery Expedition of St. Charles built the boats by hand and used them to reenact the entire Lewis and Clark journey during the recently concluded national bicentennial commemoration. Included in this display are the keelboat, red pirogue, white pirogue, and two dugout canoes. The larger boats traveled the Ohio, Mississippi and Missouri Rivers from Elizabeth, Pennsylvania, to Great Falls, Montana.

**Bishop's Landing** is located near the 1804 campsite of the Corps of Discovery and was named by the City of St. Charles in honor of the Discovery Expedition's founder, Glennon Bishop (1925–2001).





## Saint Charles Convention Center

One Convention Plaza 63301

636-669-3000

[www.stcharlesconventioncenter.com](http://www.stcharlesconventioncenter.com)

Only a few short minutes from Lambert-St. Louis International Airport, the Missouri River and downtown St. Charles, the central location of the Saint Charles Convention Center makes it one of the most desirable meeting destinations in the Midwest region.



**The 154,000-square-foot facility features:**

- 66,000 sq. ft. of exhibit space
- 27,600 sq. ft. of Exhibit Hall space—expandable to 35,700 sq. ft.
- 16,200 sq. ft. Grand Ballroom
- 6,025 sq. ft. Junior Ballroom
- 1,200 complimentary on-site parking spaces
- Partners-for-Progress Executive Board Room
- 19 breakout rooms
- AT&T Cyber Café

- Wireless and ethernet cabling throughout
- UPS Guest and Business Services Center
- Attached 296-suite Embassy Suites
- More than 500 hotel rooms within walking distance
- Only 10 minutes from Lambert-St. Louis International Airport

The Saint Charles Convention Center also simplifies event planning with in-house catering, decorating, audio/visual, marketing, and event staffing for meetings and exhibitions.

The award-winning, accessible Embassy Suites is adjacent to the Center and offers 296 suites and the Spa Botanica day spa.

## St. Charles Stadium 18 Ciné

1830 South First Capitol Drive 63303

636-946-1862

Toll free: 800-FANDANGO ext. 2403

### Theater Amenities

- Accessible movie theater and facilities
- Assistive listening devices available
- Family entertainment center with games and prizes
- Event/party rooms available for fee



# EMPLOYMENT GUIDE

## The Americans with Disabilities Act and Employment

**THE ADA PROTECTS QUALIFIED INDIVIDUALS** with disabilities from discrimination in the workplace. A qualified individual is a person who meets legitimate skill, experience, education and/or other requirements of a position s/he seeks or holds, and who can perform the essential functions required of the position with or without reasonable accommodation. Protection extends to every facet of employment, from application and hiring practices through work performance and termination.

In many cases, employers must make reasonable accommodation to make it possible for an employee to perform job functions. A special tax credit of up to \$5,000 per year is available to help eligible small-sized businesses make accommodations required by the ADA. The credit covers one half of eligible expenditures of more than \$250 but less than \$10,250.



A full tax deduction of up to \$15,000 per year is available to any business for expenses of removing qualified architectural or transportation barriers. Covered expenses include the costs of removing architectural barriers such as steps and narrow doorways, as well as creating accessible parking spaces and restroom facilities, and modifying vehicles to accommodate people with disabilities. Additional information discussing the tax credits and deductions is contained in the Department of Justice's ADA Tax Incentive Packet for Businesses, available from the ADA Information Line. Information about the tax credit and tax deduction can also be obtained from a local IRS office, or by contacting the Office of Chief Counsel, Internal Revenue Service.

For more information about employment requirements of the ADA, visit the U.S. Equal Employment Opportunity Commission website (<http://www.eeoc.gov>) or contact the Commission at 800-669-3362 (voice)/800-800-3302 (TTY) for publications or 800-669-4000 (voice)/800-669-6820 (TTY) for questions.

## Internet List of Employment Resources

### GOVERNMENT

#### City of O'Fallon

[http://www.ofallon.mo.us/dept\\_hr.htm](http://www.ofallon.mo.us/dept_hr.htm)

#### City of St. Charles

<http://www.stcharlescity.com>

#### City of St. Louis

<http://stlc.in.missouri.org/citypers/jobs.cfm>

#### City of St. Peters

<http://www.stpetersmo.net>

#### Department of Education

<http://www.ed.gov/>

#### E-W Gateway Council of Govt.

<http://www.ewgateway.org/aboutus/jobads/jobads.htm>

#### Federal Jobs Central

<http://www.fedjobs.com>

#### U.S. Office of Personnel Management

<http://www.opm.gov>

#### Missouri State and Federal Jobs

<http://www.missouri.gov/mo/stjobs.htm>

#### St. Charles County Govt.

<http://www.saintcharlescounty.org>

#### St. Louis County Govt.

<http://www.stlouisco.com/personnel/jobsearch>

#### U.S.A. Jobs

<http://www.usajobs.opm.gov>

### MISSOURI

#### Missouri Career Resource

<http://www.careers.org>

#### Missouri Career Source

<http://www.missouricareersource.com>

#### Missouri Department of:

##### Agriculture

<http://www.mda.mo.gov>

##### Conservation

<http://www.mdc.mo.gov>

##### Natural Resources

<http://www.dnr.mo.gov>

##### Primary/Secondary Education

<http://dese.mo.gov>

##### Transportation

<http://www.modot.org>



### **Missouri Jobs in Education**

<http://moreap.net/reapmain.htm>

<http://topschooljobs.com>

### **Missouri Teaching Jobs**

<http://moteachingjobs.com>

### **St. Charles Library District**

<http://www.win.org/library>

### **St. Louis at Work**

<http://stlouisatwork.com>

### **St. Louis Employment Links**

<http://stlouisemploymentlinks.com>

## **GENERAL**

### **American Jobs**

<http://www.americanjobs.com>

### **America's Job Exchange**

<http://www.americasjobexchange.com>

### **Best Jobs USA**

<http://www.bestjobsusa.com>

### **Best of Jobs**

<http://www.bestofjob.com>

### **Brain Buzz**

<http://www.brainbuzz.com>

### **Brass Ring**

<http://www.brassring.com>

### **Brilliant People**

<http://www.mrinetwork.com>

### **Career**

<http://www.career.com>

### **Careers**

<http://careers.yahoo.com>

### **Career Bank**

<http://www.careerbank.com>

### **Career Builder**

<http://www.careerbuilder.com>

### **Career City**

<http://www.careercity.com>

### **Career InfoNet**

<http://www.acinet.org>

### **Career Magazine**

<http://www.careermag.com>

### **Career Net**

<http://www.careernet.com>



**Career Shop**

<http://www.careershop.com>

**Chronicle of Higher Education**

<http://chronicle.com/jobs>

**Classifieds**

<http://classifieds2000.com>

**Consulting, PT, and Temp. Jobs**

<http://myparttimepro.com>

**Contract Employee Weekly**

<http://www.ceweekly.com>

**Cool Jobs**

<http://www.cooljobs.com>

**Corporate Development Network**

<http://metropark.com/cdn/direct.html>

**Cyberking**

<http://www.cyberkingemployment.com>

**Employment Guide**

<http://www.employmentguide.com>

**Excite**

<http://www.excite.com>

**Executive Jobs**

<http://www.openhere.com/shop1/employment-services/executive-search>

**Favorite Nurses**

<http://www.favoritenurses.com>

**Free Job Search**

<http://www.job.com/my.job>

**Fun Jobs**

<http://www.funjobs.com>

**Global Arts**

<http://www.globalartjobs.com>

<http://giganticant.com>

**Google**

<http://www.google.com>

**Help Wanted**

<http://www.helpwanted.com>

**Hot Jobs**

<http://hotjobs.yahoo.com>

**H R Staffing**

<http://www.naceweb.org/jobwire>

**Ideal Employment**

<http://www.flipdog.com>

**Indeed**

<http://www.indeed.com>

**Information**

<http://www.zoominfo.com>

**IT Classifieds**

<http://www.itclassifieds.com>

**It's Your Job Now**

<http://www.itsyourjobnow.com>

**Job Hunt**

<http://www.job-hunt.org>

**Job Hunters Bible**

<http://www.jobhuntersbible.com>

**Jobs in Great Places**

<http://www.coolworks.com>

**Job Web**

<http://www.jobweb.com>

**Monster**

<http://www.monster.com>

**National Job Network**

<http://www.nationjob.com>

**Preferred Career Opportunities**

<http://www.6FIGUREJOBS.COM>

**Quintessential Careers**

<http://www.quintcareer.com>

**Riley Guide**

<http://rileyguide.com>

**Simply Hired**

<http://simplyhired.com>

**Southwestern Business Resources**

<http://www.thinkingahead.com>

**St. Louis Employment Links**

<http://www.stlouisemploymentlinks.com>

**St. Louis Post Dispatch**

<http://www.stltoday.com/jobs>

**Thingamajob**

<http://www.thingamajob.com>

**U.S. Careers Resource**

<http://www.uscareers.com>

**Vault**

<http://www.Vault.com>

**Work**

<http://www.workforyou.com>

**Yahoo's Classifieds**

<http://www.classifieds.yahoo.com>

## SCHOOLS, COLLEGES, UNIVERSITIES

**College and Career Service**

<http://www.naceweb.org/jobwire>

**Community College Jobs**

<http://www.ccjobsonline.com>

**Lewis and Clark C.C.**

<http://www.lc.cc.il.us/HRWebSite.nsf/pages/EO>

**Lindenwood University**

<http://www.lindenwood.edu>

**Saint Charles County C.C.**

<http://www.stchas.edu>

**Saint Louis C.C.**

<http://www.stlcc.cc.mo.us/career/joblist.asp>

**Saint Louis University**

[http://www.slu.edu/jobs/job\\_search.php?type=All&status=All](http://www.slu.edu/jobs/job_search.php?type=All&status=All)

**U. of MO—Columbia**

<http://web.missouri.edu/~hrswww/hrsmu.htm>

**U. of MO—Columbia College of Education**

<http://www.coe.missouri.edu/~career>

**U. of MO—Kansas City**

<http://www.umkc.edu/html/acjobs>

**U. of MO—Outreach**

<http://www.outreach.missouri.edu/careers>

**U. of MO—Rolla**

<http://www.umar.edu>

**U. of MO—Saint Louis**

<http://www.umsl.edu>

**Vatterott College**

<http://www.vatterott-college.com>

**Washington University**

<http://wustl.edu>

**Washington U. School of Medicine**

<http://aladdin.wustl.edu/jobs.nsf/postings>

**Webster University**

<http://www.webster.edu/admin/hr/jobs.html>



## SPECIFIC INDUSTRIES

### Academic Job Openings

<http://www.Academic360.com>

<http://www.chronicle.com/jobs>

<http://www.higheredjobs.com>

### Automation Techies

<http://www.automationtechies.com>

### Aviation and Aerospace Jobs

<http://www.nationjobs.com/aviation>

<http://www.climbto350.com>

### Biodata Job Board

<http://www.biodata-systems.info>

### Philanthropy Careers

<http://philanthropy.com/jobs>

<http://www.romegroup.com>

### Church Positions

<http://www.kingdomcareers.com>

### Computers

[http://www.stlouis.computerjobs.com/site\\_drilldown.aspx](http://www.stlouis.computerjobs.com/site_drilldown.aspx)

### Construction, Engineering, Mechanical, Industrial

<http://www.murphynet.com/currentcareer.htm>

### Engineering

<http://www.nationjob.com/engineering>

### Favorite Nurses

<http://www.favoritenurses.com>

### Finance

<http://www.jobsinthemoney.com>

### Healthcare

<http://www.hirehealth.com>

<http://www.hospitalsoup.com>



### Home Employment Resource

<http://www.home-employment.com>

### Hospitality Employment

<http://www.hcareers.com>

<http://www.hospitalitynet.org>

### Information Systems

<http://thenewberrygrp.com>

### Marketing

<http://www.marketingjobs4u.com>

### Medical

<http://myh.monster.com>

### Military

<http://www.military.com>

### National Association of Broadcasters

<http://www.nab.org>

### Nature and Science Jobs

<http://naturejobs.nature.com/js.php>

### PDS Technical

<http://www.pdstech.com>

### Resort jobs

<http://www.resortjobs.com/do/search>

### Resorts, Parks, Travel

<http://www.funjobs.com>

### Sales Jobs

<http://www.salesclassifieds.com>

### Technical and Professional Personnel

<http://www.designalt.com/job.html>

### Technical Jobs

<http://www.dice.com>

### Television Jobs

<http://www.cpb.org/jobline>

### Temporary Jobs

<http://www.keystonestaffing.com>

<http://www.net-temps.com>

<http://www.stivers.com>

### Writing and Communications

<http://www.writerfind.com>



## COMPANIES

### AFLAC

<http://www.aflac.com>

### Aamstrand Ropes&Twine

<http://aamstrand.com/>

### Advanced Resources Inc.

<http://www.advr.com/jobs.asp>

### Alvey Systems

<http://www.fkilogistex.com>

### Amdocs

<http://www.amdocs.com>

### Ameren-Union Electric

<http://www.ameren.com>

**American Power Conversion**

<http://159.215.19.5/OPENPOS.NSF/openpositions>

**American TV & Appliances**

<http://www.americanTV.com>

**Ameristar Casino**

<http://www.ameristarcasino.com>

**Anheuser Busch**

<http://www.buschjobs.com>

**Aquent**

<http://www.aquent.com>

**Arco Gas**

<http://www.arco.com>

**AT&T**

<http://www.att.com>

**Automation Service**

<http://www.automationservice.com/jobs/index.html>

**Avanade**

<http://www.gasullivan.com/>

**Beltservice Corporation**

<http://www.beltservice.com>

**Beuco/NC**

<http://www.beuco.com>

**BJC Hospital Systems**

<http://www.bjc.org>

**Bank of America**

<http://www.bankofamerica.com/careers>

**Belcan**

<http://www.belcan.com/bsgweb/jobs>

**Berry Company**

<http://www.theberrycompany.com>

**Better Business Methods, LLC**

<http://www.betterbusinessmethods.com>

**Bi-State Development Agency**

<http://www.metrostlouis.org>

**Boeing**

<http://boeing.com>

**Brown Groups**

<http://www.brownsheo.com>

**Buckeye International**

<http://www.buckeyeinternational.com>

**Bussmann/Cooper Industries**

<http://company.occ.com/coopbuss>

**Butler International**

<http://www.butlerintl.com>

**Chase**

<http://www.Chase.com>

**Christian Hospital**

<http://www.christianhospital.org>

**Citigroup**

<http://www.citigroup.com/citigroup/careers>

**Cooperative Attendant Service**

<http://www.cashomehealth.com>

**Crossroads Regional Medical Ctr.**

<http://www.crossroadsregional.com>

**D.W.Simpson Actuarial**

<http://www.dwsimpson.com>

**Daniel Wagner Associates, Inc.**

<http://www.wagner.com>

**Danisco**

<http://www.danisco.com>

**Design Alternatives, Inc.**

<http://www.designalt.com/job.html>



**Dow Screw**

<http://www.dowscrew.com/jobs.htm>

**Dice Technical Jobs**

<http://www.dice.com>

**Daniel Wagner Associates, Inc.**

<http://www.wagner.com>

**East-West Gateway Coordinating Council**

<http://www.ewgateway.org>

**Edward Jones**

<http://www.edwardjonesopportunity.com>

**Enterprise Leasing**

<http://www.erac.com/recruit>

**Elsevier Science**

<http://www.elsevier.com>

**Family Arena**

<http://www.familyarena.com>

**Farmers Life Insurance**

<http://www.farmers-stl.com>

**Federal Express**

<http://www.fedex.com>

**Fleishman-Hillard**

[http://www.fleishman.com/careers/  
utilities/search.asp](http://www.fleishman.com/careers/utilities/search.asp)

**Forest Pharmaceuticals**

<http://www.frx.com>

**French Gerleman**

<http://www.frenchgerleman.com>

**Frost Electric Supply Company**

<http://www.frostelectric.com>

**G.E. Supply**

<http://www.gecareers.com>

**Gannett Communications**

<http://www.gannett.com>

**General American Insurance**

<http://www.metlife.com>

**Girl Scout Council/Greater STL**

<http://www.gscgsl.org>

**GMAC**

<http://www.gmacinsurance.com>

**Graebel Movers**

<http://www.graebel.com>

**Guarantee Electrical Company**

<http://www.geco.com>

**Harrah's**

<http://www.harrahs.com>

**Healthlink**

<http://www.healthlink.com>

**Home Depot**

<http://www.homedepot.com>

**Horner and Shifrin**

[http:// www.hornershifrin.com](http://www.hornershifrin.com)

**Hunter Engineering**

[http://www.hunter.com/pub/company/  
careers/index.htm](http://www.hunter.com/pub/company/careers/index.htm)

**Huttig Building Products**

<http://www.huttig.com>

**Hyatt**

<http://www.hyatt.com>

**Hydromat**

<http://www.hydromat.com>

**Incyte Genomics**

<http://www.incyte.com>

**Innsbrook Resort**

<http://www.innsbrook-resort.com>

**Interface Security**

<http://www.interfacesys.com>

**Jacobs**

<http://www.jacobs.com/employment/index.asp>

**Jetblue Airways**

<http://www.jetblue.com/>

**KPLR-TV**

<http://www.wb11tv.com>

**KSDK-TV**

<http://www.ksdk.com>

**KTRS 550 AM Radio Station**

<http://www.ktrs.com>

**Kohl's Department Stores**

<http://www.kohlscares.com>

**Laclede Gas**

<http://www.lacledegas.com/employment/openings.htm>

**Lenscrafters**

<http://www.lenscrafters.com>

**Live Wire Marketing**

<http://www.lwm.com>

**Lou Fusz**

<http://www.fusz.com>

**Lucent Technologies**

<http://www.lucent.com>

**MCI**

<http://www.mci.com>

**Magellan Health Sciences**

<http://www.magellanhealth.com>

**Maritz**

<http://www.maritzresearch.com>

**Martha's Hands Health Care**

<http://www.marthashands.com>

**Mastercard International**

<http://www.mastercardintl.com>

**Matthews Medical Book Stores**

<http://www.matthewsbooks.com>

**Microsoft**

<http://www.microsoft.com>

**Missouri Botanical Gardens**

<http://www.mobot.org>

**Mohela**

<http://www.mohela.com>



**Monsanto**

<http://www.monsanto.com>

**Murphy Engineering**

<http://www.murphynet.com>

**NASA**

<http://www.nasa.gov>

**National Benevolent Association**

<http://www.nbacares.org>

**Nestle**

<http://www.nestle.com>

**Pepsi**

<http://pepsicocareercenter.com>

**Pinnacle Foods**

<http://www.pinnaclefoodscorp.com/webportals>

**Pipkins**

<http://pipkins.com>

**Polar Air**

<http://www.polaraircargo.com/aboutus/careers.asp>

**Premier Air Center**

<http://www.premierair.com/Employment.html>

**President Casino**

<http://www.presidentcasino.com>

**Principia**

<http://www.prin.edu/jobs>

**Protein Technologies**

<http://www.protein.com>

**Provident Counseling**

<http://www.providentc.org>

**Prudential Advantage Realtors**

<http://prudentialstlouis.com>

**Purina**

<http://www.purina.com>

**Quality Software Engineering**

<http://www.qse.com>

**Radio Shack**

<http://www.radioshack.com>

**RGA**

<http://www.rgare.com>

**Red Cross**

<http://www.redcross.org>

**Regional Justice Information**

<http://www.rejis.org>

**Resort Jobs**

<http://www.resortjobs.com/do/where>

**Rome Group**

<http://www.romegroup.org>

**Ryder**

<http://www.ryder.com>

**SLP Capital**

<http://www.slpcapital.com>

**Sabreliner**

<http://www.sabrelinerhr.com>

**Sachs Electric**

<http://www.sachsco.com>

**Saint Louis Art Museum**

<http://www.slam.org>

**St. Louis County Library**

<http://www.slcl.lib.mo.us/jobs>

**St. Louis County Police Department**

<http://www.co.st-louis.mo.us/police/career.html>

**St. Louis Music**

<http://www.stlouismusic.com>

**St. Louis Public Schools**

<http://www.slps.k12.mo.us>

**St. Louis Science Center**

<http://www.slsc.org>

**St. Louis Zoo**

<http://www.stlzoo.org>



**Salvation Army ARC**

<http://www.stlsalvationarmyarc.org>

**Savvis**

<http://www.savvis.net/corp>

**Severn Trent Laboratories, Inc.**

<http://www.stl-inc.com>

**Sheraton Westport Hotels**

<http://www.sheratonwestport.com>

**Sigma Chemical Co. &**

**Sigma-Aldrich Corp.**

<http://www.sigma-aldrich.com>

**Simutronics**

<http://www.play.net>

**Six Flags**

<http://www.sixflags.com>

**Southwest Airlines**

<http://www.southwest.com/careers>

**Stifel, Nicolaus & Co., Inc.**

<http://www.stifel.com>

**Sunnen Products Company**

<http://www.sunnen.com>

**Surdex**

<http://www.surdex.com>

**Sverdrup**

<http://www.jacobs.com>

**Sykes Enterprises, Inc.**

<http://www.sykes.com>

**Syllogis Tek**

<http://www.syllogisteks.com/Staffing.htm>

**Talx**

<http://www.talx.com>

**Tenet Healthcare**

<http://www.tenethealth.com>



**Thompson Coburn Law Firm**

<http://www.thompsoncoburn.com>

**Trane**

<http://www.trane.com>

**UMB Bank**

<http://www.umb.com>

**U-Haul Moving and Storage**

<http://www.uhaul.com>

**Unigraphics Solutions**

<http://www.unigraphics.com>

**United Parcel Service**

<http://www.upsjobs.com>

**United Van**

<http://www.unitedvanlines.com>

**U.S. Bank**

<http://www.usbank.com>

**Wachovia**

<http://www.wachovia.com/careers>

**Walsh Simmons Seating**

<http://www.walshsimmons.com>

**Western Group**

<http://www.westerngroup.com>

**William Byrne & Associates, Inc**

<http://www.wbai.com>

**World Wide Technology, Inc.**

<http://www.wwt.com/jobs/search.jsp>

**YMCA of Greater St. Louis**

<http://www.ymcastlouis.org>

**Youth In Need**

<http://www.youthinneed.org>



## TEMPORARY AGENCIES

**Adecco**

<http://www.adeconna.com>

**Aerotek**

<http://www.aerotek.com>

**Ameristaff**

<http://www.ameristaff.com>

**B. Loehr Staffing**

<http://www.blstaffing.com>

**Human Resource Staffing**

<http://www.hrstaffing.biz>

**Kelly Services**

<http://www.kellyservices.us>

**Labor Finders**

<http://www.laborfinders.com>

**Labor Ready**

<http://www.laborready.com>

**Snelling Staffing Services**

<http://www.snelling.com>

**Staff Management**

<http://www.staffmanagement.com>

## JOB SEARCH INFORMATION

**AdSearch**

<http://www.adsearch.com>

**American Jobs**

<http://www.americanjobs.com>

**America's Job Bank**

<http://www.ajb.org>

**Best Jobs**

<http://www.bestjobsusa.com>

**Brain Bench**

<http://www.brainbench.com>

**Brass Ring**

<http://www.brassring.com>

**Brilliant People**

<http://www.mrnetwork.com>

**Career Builder**

<http://www.careerbuilder.com>

**Career City**

<http://www.careercity.com>

**Career Engine Network**

<http://www.careerengine.com>

**Career Magazine**

<http://www.careermag.com>

**Career Shop**

<http://www.careershop.com>

**Career Site**

<http://www.careersite.com>

**Career Matrix**

<http://www.careermatrix.com>

**Career Net**

<http://www.careernet.com>

**Careers in Business**

<http://www.careers-in-business.com>

**CareerSpan**

<http://www.careerspan.com>

**Choice**

<http://www.choicecareer.com>

**Cool Jobs**

<http://www.cooljobs.com>

**Employer-Employee**

<http://www.employer-employee.com>

**Employment 911**

<http://www.employment911.com>

**Employment Guide**

<http://www.employmentguide.com>

**Employment Spot**

<http://www.employmentspot.com>

**Job Web**

<http://www.jobweb.com>

**Quest Career**

<http://www.questcareer.com>

**Sorkins**

<http://www.sorkins.com>

**Wet Feet**

<http://www.wetfeet.com>

**100 Top Career**

<http://www.100topcareer.com>

## VOCATIONAL REHABILITATION

### 314-751-3251 (central office)

Provides assistance to people with disabilities who are active clients if the modification assists the client in pursuing vocational goals.

## INFORMATION FOR VETERANS

### Department of Labor

<http://www.dol.gov>

### Veterans Affairs

<http://www.va.gov>

### Disabled American Veterans

<http://www.dav.org>



# INDEPENDENT LIVING RESOURCE GUIDE

## Centers for Independent Living

**ACCORDING TO THE 2000 CENSUS**, St. Charles County is home to 27,000 people with significant disabilities. This represents nearly 10% of the total population. Fortunately, we have two Centers for Independent Living (CILs) in our region

that assist people who have cognitive, mental/emotional, physical and multiple disabilities, and who want to live independent lives.



Delta Center is the local CIL in St. Charles. Paraquad, located in St. Louis, also serves St. Charles. Both organizations provide information and referral, peer support, advocacy, skills training for independent living and

personal attendant services support. They help people with disabilities obtain home modifications, such as wheelchair ramps, and assistive devices, equipment and technologies. They provide systems advocacy, lobbying for laws that benefit people with disabilities, and personal advocacy for those whose rights have been violated under the ADA, the Fair Housing Act and other applicable laws. CILs are the single greatest resource available for people with disabilities.



**Catholic Charities Dial for Help**  
314-371-4857

**Delta Center for Independent Living**  
5933 South Highway 94, Suite 107 63304  
636-926-8761  
Toll free: 866.727.DCIL (3245)  
Fax: 636.447.0341  
Email: info@dcil.org

**Paraquad Information and Referral**  
314-289-4200

### **Lutheran Senior Services Benevolent Assistance**

Application must be made by a professional working with client such as a Delta Center or Paraquad-based independent living specialist, a social/case worker, medical professional, occupational therapist or physical therapist.

For seniors (60 and older) or persons 50 to 59 receiving disability benefits. Fund can help with durable medical equipment, grab bars, utilities, rent, prescriptions, etc.

Professional working with client may call **314-961-3468 ext 4, 5 or 6** for an application or information. *Note:* Callers who call representing themselves will NOT receive assistance by this method.

### **United Way of Greater St. Louis**

**United Way Referral Line**  
314-421-4636 or 800-427-462

### **Centers for Independent Living Offer:**

- Advocacy/Legal Services
- Assistive Technology
- Children's Services
- Communication Services
- Counseling and Related Services
- Family Services
- Housing, Home Modifications, and Shelter Services
- IL Skills Training and Life Skills Training
- Information and Referral Services
- Mental Restoration Services
- Mobility Training
- Peer Counseling Services
- Personal Assistance Services
- Physical Restoration Services
- Preventive Services
- Prostheses, Orthotics and Other Appliances
- Recreational Services
- Rehabilitation Technology Services
- Therapeutic Treatment
- Transportation Services
- Youth/Transition Services
- Vocational Services

**United Way Success by Six  
Parent Help Line:**  
314-539-4055  
[www.stl.unitedway.org](http://www.stl.unitedway.org)

## Accessible Transportation

**ONE OF THE MOST IMPORTANT SERVICES** for people with disabilities is accessible transportation. Delta Center contracts with OATS to offer transportation within St. Charles and St. Louis. To use this service, simply complete an intake to enroll in the program. Enrollees must be able to direct their own care to qualify. Transportation is available on specified days to riders living in proximity to one another. Request rides at least three working days in advance.

### TRANSPORTATION SERVICES

#### The Delta Center Transportation Program

636-926-8761 ext. 246

Available to residents of St. Charles, Lincoln and Warren Counties who are over the age of 18, have a verifiable

disability, and meet income requirements. Schedules for OATS Group Transportation are updated quarterly, and a calendar and schedule are available upon request from Delta Center.



#### Use Delta Center's Transportation Program for:

Medical, dental and social service appointments, pharmacy, essential shopping, and support groups.

You may schedule one round trip ride per week anywhere within St. Charles County on a set day of the week and one round trip medical ride per month to St. Louis County on a set day of the month. Appointments are available from 10:00am to 1:00pm. If you need to make two stops (for example, doctor's office and then pharmacy), OATS will attempt to accommodate your request provided that stops are within five minutes' travel time of one another.

To learn more about the transportation program, contact Delta Center's transportation advocate at **636-926-8761, ext. 246.**

#### Organized Alternative Transit System (OATS)

636-441-0898

Toll free: 800-201-6287

[www.oattransit.org](http://www.oattransit.org)

Provides accessible group transportation for medical appointments, shopping and to bus lines. 48-hour notice required.



**Saint Charles Area Transit (SCAT)**

636-949-3364

Saint Charles Area Transit offers five bus routes that provide transportation to locations within the city limits, as well as to Metrolink's North Hanley Station in St. Louis County. Buses run Monday through Friday, and all are equipped with wheelchair lifts. Passengers 62 years of age or older or those who have disabilities ride the bus for \$.25. Children under six ride free and all others ride for \$.50. The Saint Charles Senior Citizen Center (O'Dell) serves as the main hub for the transit system. Buses are allowed to deviate from normal routes to pick up and drop off passengers with special needs. Riders who wish to use this service must contact the City of St. Charles a minimum of 24 hours in advance.

**MTM Para Transit**

636-561-5686

Provides transportation to medical appointments.

**St. Charles County CARS Program**

636-940-2810

**Saints Joachim and Ann**

636-441-1302

**Hospital-Provided Transportation****St. Joseph of St. Charles County**

636-947-5056

**VEHICLE ACCESSIBILITY****HealthCare Mobility Inc.**

314-894-9999

[www.healthcare-mobility.net](http://www.healthcare-mobility.net)

Mobility products, van conversions, wheelchair lifts, stairglides, porchlifts, wheelchairs and scooters. Also full line of medical equipment.

**United Access**

314-426-1010

Toll free: 888-965-3100

Products include independent driver conversion; lowered floor minivans by IMS, Vantage and Braun; raised roof and doorways; wheelchair and scooter lifts; securement systems; reduced steering and brakes, touch pads and transfer seats. Services include factory trained and certified technicians, priority emergency service, in-stock replacement parts inventory and on-site rental vans. Used lifts and vans available. Can advise on financial assistance/loans.

**Associated Rollx Vans**

Toll free: 800-956-6668

[www.rollxvans.com](http://www.rollxvans.com)

Rollx van conversions are built on either Ford Windstar, Chrysler or Dodge minivans and have an electric kneeling system. Three-year, 36,000-mile warranty, sold directly to the customer. Extensive used vehicle inventory.

## Housing

According to the federal Fair Housing Act, it is illegal to deny housing or limit the choice of housing because of disability, history of disability or even perceived disability. Specifically, it is unlawful to refuse to make reasonable accommodation in rules, policies, practices or services, when such accommodations may be necessary to afford a person an equal opportunity to use and enjoy a dwelling. Whether you seek to own or rent, you are protected under the law.

If you believe your rights have been violated under the Fair Housing Act, the applicable authority is the U.S. Department of Housing and Urban Development. More information is available through the **St. Charles Housing Authority, at 636-946-6577**.

You can also protect your rights by contacting the Metropolitan St. Louis Equal Housing Opportunity Council (EHOC) at **800-555-3951** to report housing discrimination. EHOC works to ensure equal access to housing for all people through education, counseling, investigation and enforcement, in



### **Community Development Block Grant of St. Charles City** 636-949-3227 (City Planning)

St. Charles offers a home improvement loan program that provides low interest loans (3% for 10 years) and no interest (0%) deferred loans to moderate income city residents. The latter are payable when ownership of the property is transferred. Recipients must be owners and occupants of the single- or two-family dwellings to which city-funded repairs will be applied.

Income eligibility applies. Priority is given to housing repairs that address accessibility barriers and/or immediate hazards to the health or safety of the occupants or the public.

St. Charles and surrounding Missouri and Illinois counties.

### **Property Tax Credit**

636-940-2810

Missouri residents aged 65+ with incomes under \$25,000 if single or \$27,000 if married, nursing home residents, 100% disabled persons aged 18–59, and persons aged 60–64 who are receiving Surviving Spouse benefits from Social Security may be eligible for a tax credit that refunds all or part of real estate taxes or rent.

## **SUBSIDIZED HOUSING/ASSISTANCE**

### **St. Charles County**

123 Main Street 63301  
636-949-7530

### **Department of Housing and Urban Development (HUD)**

314-539-6583

Call local HUD office to request a list of 30% income-based housing for people with disabilities or ask the I&R department at Paraquad for a list, at **314-289-4200**.

### **Metropolitan St. Louis Equal Housing Opportunity Council (EHOC)**

Housing discrimination

Toll free: 800-555-3951

[www.ehocstl.org](http://www.ehocstl.org)

EHOC seeks to ensure equal access to housing for all people through education, counseling, investigation and enforcement.

### **Applicants will be expected to provide:**

1. Completed application
2. List of items needing repair
3. Proof of income for all occupants
4. Certified, recorded deed
5. Monthly mortgage payment information
6. Proof of homeowner insurance
7. Proof of up-to-date real estate tax payments
8. Previous twelve months utility bills

**Applications and a brochure that explains the program in detail are available from the Department of Community Development, 200 North Second Street, Suite 303, St. Charles, MO 63301.**



### **St. Charles City Housing Authority**

1041 Olive Street 63301  
636-946-6577

Provides affordable, safe housing and rental subsidies for eligible residents of the City of St. Charles, through partnerships. Offers five-year self-sufficiency contracts to create savings accounts for indigent individuals and families.

### **Section 8 Housing Choice Vouchers and Public Housing (also referred to as low rent):**

These programs are also administered through the St. Charles City Housing Authority. Waiting lists are sometimes closed. Call the housing authority to inquire or call Delta Center or the Paraquad Information and Referral Department.

### **Socialserve.com**

Toll free: 877-428-8844

This is a free housing information service. For market rate rental housing listings, properties that accept Section 8 housing choice vouchers, some income-based listings and barrier-free listings please visit **[www.socialserve.com](http://www.socialserve.com)**.

If you do not have Internet access you can go to any public library for help searching listings.

### **Acorn Housing Corp.**

314-531-6204

First-time homeowner's classes second Saturday of each month except in December. Building accessible. Offers pre-foreclosure counseling, home equity loans, home improvement loans, budget and credit counseling.

### **Habitat for Humanity St. Charles**

636-949-5508

Offers a limited amount of affordable housing for low income families. Will build accessible homes. Must have at least one child under 18 and must meet HUD income guidelines. Size of home and loan must match income of family. Call for up-to-date information.

### **National Accessible Apartment Clearinghouse (NAAC)**

Toll free: 800-421-1221

[www.forrent.com/naac](http://www.forrent.com/naac)

Email: [clearinghouse@naahq.org](mailto:clearinghouse@naahq.org)

NAAC maintains a database with tens of thousands of accessible apartments, representing 43 states and over 120 major metropolitan areas nationwide. Information is given free of charge.

### **Partners for Progress**

636-441-6880

Down payment assistance to qualifying homebuyers with income below 80% of area median. Call for details/restrictions.

**Saints Joachim and Ann**  
636-441-1302

Emergency housing payment assistance, home rehabilitation and repair services. (See p. 99 for additional services.)

**HOME ACCESSIBILITY  
MODIFICATIONS****Adapt-Ability**

314-432-1101

Email: [adapt@inlink.com](mailto:adapt@inlink.com)

Full service assistive technology center serving all ages and disabilities.

Income-based fees. Its mission is to enable people with disabilities through technology. Services may be provided in any and all locations frequented by the individual. Makes contact with other known service providers and caretakers to assure needs are met and provides training on the use and maintenance of devices acquired. Accessibility surveys, accommodations, adaptive aids, children's services, community education, equipment loans, head injury services, home adaptations, housing assistance, occupational therapy, physical therapy, ramps and wheelchair modifications.



### **Alumiramp**

Toll free: 800-800-3864

[www.alumiramp.com](http://www.alumiramp.com)

Modular ramp systems, quick ramp kit systems, folding ramps, telescopic channel ramps, universal and curb ramps.



### **Caregivers at Home, LLC**

314-646-8600

[www.cgah.net](http://www.cgah.net)

Safety bars and ramp installation, interior/exterior home maintenance and handyman services.

### **Center for Universal Design at North Carolina State University College of Design**

Toll free: 800-647-6777

[www.design.ncsu.edu/cud](http://www.design.ncsu.edu/cud)

Email: [cud@ncsu.edu](mailto:cud@ncsu.edu)

The Center serves both the disability community and members of the housing industry, including architects, developers, builders, contractors, code and zoning officials. It provides information on housing accessibility for new houses and remodeling, and technical assistance for architectural and product design.

### **Custom Home Elevator**

314-423-1620

Furnishes and installs on-slope and vertical wheelchair lifts and stair lifts in homes and churches.

### **Discount Ramps.com LLC**

Toll free: 888-651-3431

[www.discountramps.com](http://www.discountramps.com)

Large variety of portable ramps. Order online or toll free.

### **DW Auto and Home Mobility**

Toll free: 800-568-2271

[www.dwauto.com](http://www.dwauto.com)

Door openers, stairlifts, wheelchair platform lifts, ceiling lifts and portable ramps. Free home evaluations and estimates.



## **Equity Contractor Group**

Mike Hostetler

314-531-4200

All types of modifications.

## **HealthCare Mobility Inc.**

314-894-9999

[www.healthcare-mobility.net](http://www.healthcare-mobility.net)

Wheelchair lifts, stairglides, porchlifts.

## **Lasting Impressions Home Remodeling**

Becky Bilyeu

314-837-7722

[www.lastingimpressionsremodeling.com](http://www.lastingimpressionsremodeling.com)

Specializes in tub cuts, bathrooms and kitchens.

## **Petre Construction**

Mark Petre

636-939-5919

All types of modifications; specializes in lifts.

## **Rob's General Contracting**

Bill or Robert Schneck

314-341-1655

All types of modifications. Home repair, plumbing and roofing.



## Grants/Funding/Financing

### Vocational Rehabilitation

314-751-3251 (central office)

May be able to provide assistance to active clients, if the modification needed assists the client in pursuing employment goals.

### Missouri Assistive Technology

Show Me Loans

Low Interest Loan Program

Toll free: 800-647-8557

Email: [mexline@swbell.net](mailto:mexline@swbell.net)

Low interest loans to eligible Missourians with disabilities and/or their family members for the purchase of assistive technologies.

**Equipment purchase loans** for wheelchairs, electric scooters, hearing aids, computers, augmentative communication devices, electronic print enlarging devices and other equipment made for people with disabilities. Loans may also be used toward the cost of assistive technology services, such as an evaluation or training to learn how to use a device.

**Home modification loans** may be obtained for home modification purposes such as wheelchair ramps, stairway lifts, widening doorways, and bathroom modifications. Loans toward the purchase of homes are not available.



**Vehicle modification loans:** People with disabilities or their families may obtain loans for disability-related modifications to motor vehicles such as wheelchair lifts, ramps or hand controls.

**Terms:** Borrowers may apply for loans of \$500 to \$10,000. The interest rate will depend on income; for most borrowers, it ranges from 2% to 4%. Maximum loan term is 60 months or less.

**Eligibility:** Individuals with disabilities and family members may apply and must be purchasing assistive technology that will enable one or more individuals with disabilities to become more independent. The Show Me Loans Program may be able to provide the name of someone at a local organization to applicants needing help with device selection, completion of forms, or applying for other programs.

### Lutheran Senior Services Benevolent Assistance

Professional working with client may call 314-961-3468 ext 4 or 5 or 6 for application/questions.

For seniors (60 and older) or persons 50 to 59 receiving disability benefits.

Application must be made by professional working with client, such as social/case worker or medical professional (nurse, OT, PT). Helps with grab bars, bath chairs, hand held showers, toilet and shower chairs, etc.

### **Digital Federal Credit Union (DCU)**

Toll free: 800-328-8797

800-395-5146 TTY

[www.dcu.org](http://www.dcu.org)

Members of the American Association of People with Disabilities (AAPD) can join the Digital Federal Credit Union (DCU) to take advantage of loan products. Access Loans are available for products, devices, or building modifications designed to assist people with disabilities. Borrow from \$1,500 to \$25,000 or more for up to 72 months. The borrower need not be the beneficiary of the purchase. Qualified purchases include, but are not limited to:

- Powered non-vehicle transportation such as scooters, power wheelchairs, stair-climbing power chairs, all-terrain wheelchairs.
- Manual transportation such as standard manual wheelchairs, custom sport wheelchairs, and specialized hand cycles.
- Adaptive computer and communications equipment such as air tube systems for spinal cord injuries, voice systems for the blind, educational and rehabilitation systems for children and adults.

- Durable medical equipment such as lifts for paraplegics and quadriplegics, breathing systems and specialized beds.
- Rehabilitative equipment that exercises muscles and limbs.
- Accessible building modifications in bathrooms and kitchens, ramp installation and doorway widening.
- Mobility vehicle loans are also available from \$5,000 to \$100,000 with repayment plans of up to 120 months.

DCU offers convenient repayment methods, including electronic at DCU ATMs, at DCU branches or by mail with a loan payment coupon. If you direct deposit net pay, Social Security, or pension into a DCU checking account and make electronic payments for the full term of the loan, the interest rate drops to 0.5% below rates for other payment methods. DCU may also base rates on personal credit history.

People who join AAPD can take advantage of DCU's financial benefits. There are no fees to join the credit union; simply open a savings or checking account for as little as \$5.00 to become eligible.

If you are already an AAPD member, or if you would like to join AAPD and DCU at the same time, you can call DCU directly for information and an application.



## Legal and Advocacy

### **American Civil Liberties Union (ACLU)**

314-361-2111

[www.aclu-em.org](http://www.aclu-em.org)

Nonprofit organization concerned with violations of constitutional rights. Accepts complaints, but does not provide personal legal services. Individuals may call for a referral attorney; if an attorney is already on a similar case, the ACLU can provide additional support.

### **Catholic Legal Assistance Ministry**

314-977-3993

Provides free legal services to low income clients in civil matters including evictions, bankruptcies, abuse orders of protection, welfare and food stamp entitlements.

### **Equal Employment Opportunity Commission (EEOC)**

Toll-free: 800-669-4000

[www.eeoc.gov](http://www.eeoc.gov)

For people who think they have been discriminated against in employment. EEOC recommends calling them first before contacting an attorney.

### **Gateway Legal Services, Inc.**

314-534-0404

[www.gatewaylegal.org](http://www.gatewaylegal.org)

Nonprofit legal-aid law firm that helps people with SSI and SSDI cases.



### **Missouri Bar Association**

Lawyer Referral and Information Service

573-635-4128

[www.bamsl.org/public](http://www.bamsl.org/public)

Maintains listings of attorneys who practice in Missouri.

### **Legal Services of Eastern Missouri**

Toll free: 888-782-8380

[www.lsem.org](http://www.lsem.org)

Fee: none

Requirements: Income limits, asset limits

Provides legal services for low income people in certain civil matters. Does not provide services in criminal cases.

Examples of civil matters handled: evictions, adult abuse, consumer matters, problems for senior citizens, services to persons with HIV/AIDS, assistance with Social Security disability appeals and food stamp entitlements.

### **Missouri Commission on Human Rights (MCHR)**

314-340-7590

Enforces anti-discrimination laws that prohibit discrimination in housing, employment and places of public accommodation, because of race, sex, religion, national origin/ancestry, physical/mental disabilities, age (40–69), and housing. People who wish to file a complaint with the agency or want information about discrimination can either telephone or visit in person.

Parking on the two private lots nearby (10th & Pine, 10th & Olive) will be offered free of charge to people with disabilities. Simply bring in your parking stub for validation.

### **Missouri Protection & Advocacy Services (P&A)**

Toll free: 800-233-3958

[www.moadvocacy.org](http://www.moadvocacy.org)

Legal rights organization for people with disabilities, offering advocacy services, legal services and training.

### **Protection and Advocacy Services**

Toll free: 800-392-8667

Protects the rights of people with disabilities through information, education, investigation, legal counsel and litigation services.

### **St. Louis University Law Clinic**

314-977-2778

Pro bono work, specializing in family law and housing law (landlord/tenant issues).

### **The Shaw Group**

Toll free: 800-755-1979

Disability benefits appeal assistance.



## Energy Assistance/Weatherization

### **THE U.S. DEPARTMENT OF ENERGY'S WEATHERIZATION ASSISTANCE PROGRAM**

is the nation's core program for delivering energy efficiency services to low income households. Professionally trained weatherization crews perform on-site home energy audits to identify drafts and inspect heating and cooling systems for efficiency. Weatherization crews install insulation, seal air leaks, make modifications to or replace existing heating systems and make minor repairs to ensure safety. These energy saving measures increase efficiency and reduce future heating and cooling costs, enabling low income families to permanently reduce their energy bills.

During the last 30 years, the U.S. Department of Energy's Weatherization Assistance Program has provided services to more than 5.6 million low income families. By reducing energy bills instead of simply offering aid, weatherization reduces dependency and liberates consumer funds for more pressing family needs. On average, weatherization reduces heating bills by 32% and overall energy bills by nearly \$400 per year at current prices.





## Cold Weather Rule

In Missouri, under the Cold Weather Rule, seniors and people with registered disabilities are protected against losing utilities between October 1 and March 31. This seasonal policy prohibits the disconnection of heat-related services for non-payment. A customer whose services have been disconnected can have service restored by making an initial payment of 50% of outstanding balance, or \$500, whichever is less, with the deferred balance to be paid in a Cold Weather Rule payment plan. For more information or intervention, contact Delta Center, Paraquad or the North East Community Action Corporation (NECAC) for assistance.

Disconnects can be postponed for up to 21 days due to the medical condition of an occupant. This allows customers to extend payment of pre-existing arrearages beyond 12 months.

Other services are available for cooling from June 1 to September 30. **Crisis assistance is available year-round.**

## Low Income Energy Assistance Program (LIHEAP)

573-526-4836

[www.dss.mo.gov/fsd/liheap.htm](http://www.dss.mo.gov/fsd/liheap.htm)

LIHEAP will provide a one-time benefit to eligible low income households to be used for energy bills. The amount of the benefit is determined by income (no

more than 125% of the federal poverty level), household size, fuel type and geographic location. An overdue bill or cut-off notice is not required. Participants do not have to own their home or pay energy bills directly to be eligible for assistance. Source of fuel does not have to be natural gas or electricity in order to receive assistance.

Emergency assistance may be available if household is disconnected from a delivered energy source needed for heating and/or a fuel supplier has refused to deliver and the tank contains 10% or less.

Assistance for reconnection can be provided to households that have made a good faith effort to maintain their energy services, or that pay a portion of the amount owed for reconnection.

**LIHEAP Administering Agency Contacts:**  
[communityaction.org/CAAServiceAreas.htm](http://communityaction.org/CAAServiceAreas.htm)

## UTILITY

### General Utility Tax Refund

Information Hotline: 636-255-6145

Applications accepted April 1–May 31

St. Charles residents who are at least 62 or whose only income is total disability may qualify for a utility tax refund.

Please call for details.

## **AmerenUE**

### **Weatherization**

[www2.ameren.com/residential/  
poProgramWeatherizationUE.aspx](http://www2.ameren.com/residential/poProgramWeatherizationUE.aspx)

AmerenUE provides funding for weatherization for its customers. Contact your local community action agency to find out if you are eligible.

### **Dollar More**

Toll free: 800-427-4626  
[www2.ameren.com/residential/  
DollarMore.aspx](http://www2.ameren.com/residential/DollarMore.aspx)

Helps low income citizens pay their energy bills. Funded by voluntary contributions from Ameren customers and Ameren Corporation. Money donated to Dollar More is used to pay a variety of home energy bills including electric, gas, oil and propane. Contributions go to people in need through a network of human services agencies. The United Way and Ameren share administrative costs of the program.

## **Laclede Gas Company**

### **EnergySmart Customer Education Program** 314-342-0675

[www.lacledegas.com/customer/  
energysmart.php](http://www.lacledegas.com/customer/energysmart.php)

Offers free workshops on energy conservation for small groups of low income customers through government agencies, civic organizations and churches. Conducts workshops, supplies informational materials and answers questions.

### **Dollar-Help, Inc. (DHI)**

[www.dollarhelp.org/resources.htm](http://www.dollarhelp.org/resources.htm)

DHI partners with Laclede Gas Company to provide funds to low income, elderly and people with disabilities. Grants are awarded on an as-needed basis by local social service agencies when all public funds for energy assistance have been exhausted.

## **Laclede Electric Cooperative**

### **Operation Round Up**

[www.lacledeelectric.com/operation.aspx](http://www.lacledeelectric.com/operation.aspx)

Customer donations assist individuals and organizations in the community.

## **EMERGENCY CHARITABLE ASSISTANCE**

**The following charitable funds are last resort emergency funds with limited resources and limited times of operation.**

### **HeatShare**

Toll free: 800-336-4547

[www.angelfire.com/ks2/hshare/about.html](http://www.angelfire.com/ks2/hshare/about.html)

A utility assistance program for the elderly and disabled, low income households and for those who are unable to pay because of unexpected expenses such as a birth or death in the family. HeatShare provides payments toward electricity, natural gas, propane, fuel oil or wood bills. Grants may be available for emergency repairs to furnaces, air conditioners, hot water heaters and other energy related equipment, or for repairs to broken windows and doors.

### **Heat-Up St. Louis**

314-241-7668

[www.heatupstlouis.org/index.html](http://www.heatupstlouis.org/index.html)

Provides energy assistance grants ranging from \$100 to \$600 to qualified applicants. Heat-Up St. Louis Inc. is a regional, all-volunteer charity that focuses on helping elderly, disabled

and low income people with delinquent energy bills. Help is available in St. Louis and the following counties: St. Louis, St. Charles, Lincoln, Jefferson, Franklin, St. Clair, Madison, Butler, St. Genevieve and Iron.

### **Mid East Area Agency on Aging**

Toll free: 800-243-6060

Client must be 60+ years of age and live in the counties of St. Louis, Jefferson, Franklin or St. Charles.

### **Saints Joachim and Ann**

636-441-1302





## Food

### FOOD PANTRIES & ASSISTANCE

#### **F.I.S.H. of St. Charles County**

Food Pantry and Thrift Store

636-447-5482

Monday, Wednesday and Friday

9:00–11:45am

Call for eligibility. Referral generally required.

#### **Loaves and Fishes**

##### **Saint Charles Food Pantry**

314-291-3857

Wednesdays, 6:00–10:00pm

Income restricted food pantry with no documentation required, serving St. Charles City and County. Call for details.

#### **Operation Food Search and Hunger Hotline**

314-726-5355

Maintains information for over 250 food pantries and kitchens in the St. Louis area. Call the Hunger Hotline and enter your zip code when requested to find the food pantry closest to you.

#### **Harvester Food Pantry**

636-928-7651

Offers food and referrals for people in need. Wednesdays, 4:00–6:00pm, Fridays, 10:00am–12:00pm. Also has benevolent

fund for utilities, emergency housing, gasoline and food. Self referral accepted. Bring proof of residence and photo ID.

#### **Outreach Assistance Serving Individuals in St. Charles (Oasis)**

636-723-0037

[www.oasisfoodpantry.com](http://www.oasisfoodpantry.com)

Offers food assistance and personal care, clothing and special items when available. Accepts referrals from case-workers, churches, centers for independent living, senior citizen centers or other social services. Thrift store also available for people in need and the general public.

#### **Family Support Division**

636-940-3170

Income maintenance assistance to eligible individuals through such programs as Temporary Assistance to Needy Families, food stamps, medical assistance, nursing homes, aid to the blind, services for abused and neglected children and preventative services.

#### **Feed My People**

314-631-4900

Hearing impaired, use Rely MO

Hours: 10:00am–2:30pm Monday–Friday

9:00am–12:00pm Saturdays

Food bank normally serves St. Louis, but will assist people in St. Charles on a

one-time basis. Can also give vouchers for clothing at their thrift store.

### **Saints Joachim and Ann**

636-441-1302

Call for instructions and to ensure food availability and pick-up times. Offers numerous other services. (See page 99)

### **Salvation Army**

636-946-7966

Also helps with emergency clothing and household items.

### **Mid-East Area Agency on Aging**

636-207-1323

Provides home delivery meal services by referral.

### **Powell Terrace Food Pantry**

636-724-0032

Call first to check availability. Must apply in person and must be resident of St. Charles County. Facility is wheelchair accessible. Accepted recipients may obtain food at two-week intervals on Mondays only, between 8:30am and 11:30am.

### **Missouri Department of Health WIC Program**

636-949-7400

WIC (Special Supplemental Food Program for Women, Infants and

Children) provides specific nutritious supplemental foods and nutrition education to pregnant, breastfeeding, and postpartum women, and infants and children up to age five at no cost to the individual. There are income guidelines for the WIC program. WIC guidelines count the unborn child as a member of the family when determining income eligibility. Call for comprehensive intake appointment and be prepared to show proof of income and residence.

*Canned goods await consumers at Oasis Food Pantry.*



## **ACCESSIBLE GROCERY STORES**

### **Aldi Foods**

1335 Bass Pro Drive 63301  
636-669-0007

### **Dierberg's**

2021 Zumbahl Road 63303  
636-947-0900

### **Frontier IGA**

2871 North Highway 94 63301  
636-946-6122

### **Mid Town IGA**

317 Hawthorne 63301  
636-724-6500 or 636-946-3898

### **Save-A-Lot**

3102 West Clay 63301  
636-947-6073

### **Schnuck's**

1950 Zumbahl Road 63303  
636-947-8422

800 South Duschesne Drive 63301  
636-946-0123

### **Walgreen's**

3800 Elm Street 63301  
636-724-6628

1301 South Fifth Street 63301  
636-946-6210

2310 South Old Highway 94 63303  
636-477-7996

2329 West Clay Street 63301  
636-949-6613

1780 Zumbahl Road 63303  
636-723-1134

## **ON-SITE SENIOR CENTERS/MEALS**

### **O'Dell Senior Center**

636-949-0658

Limited delivery when volunteers  
available.

### **St. Charles Senior Center (MEAAA)**

1455 Fairgrounds 63301  
636-949-0658

Offers nutritious meals at the center and  
meal delivery to home-bound seniors,  
subject to volunteer availability.

## **HOME DELIVERED MEALS**

### **Mid-East Area Agency on Aging**

Main office: 636-207-0847  
St. Charles County: 636-978-8370

## **FOOD AND GROCERY HOME DELIVERY SERVICE**

### **Midtowne IGA**

636-724-6500  
Fee: \$6 (C.O.D.)

Orders must be placed by Saturday for  
Tuesday deliveries. Delivers to 63301,  
with few exceptions. Please call for details.



## Services for Children and Adolescents

### **Burkemper Family Counseling Center**

636-946-0101

Emergency hotline: 636-946-3771

Emergency residences for youth, 10–18, experiencing crisis; group homes for adolescent females experiencing abuse and neglect, ages 12–19; and homeless youth, 16–21, seeking continuing education and receiving independent living instruction.

### **Child Day Care Association, St. Charles Office**

636-896-9031

[www.childcarestl.org](http://www.childcarestl.org)

Offers childcare information and referral, including resources for children with disabilities and/or special needs.

### **Children's Home Society of Missouri St. Charles Office**

636-968-2350

[www.chsmo.com](http://www.chsmo.com)

Offers 24-hour respite, nursing and hospice care for developmentally disabled and/or terminally ill children, counseling services for families, and adoptive home studies for people who wish to adopt.

### **Crisis Nursery St. Charles— St. Joseph Hospital**

315 First Capitol Drive 63301

636-947-0600

Provides a safe haven for children who are victims of abuse or neglect, and also provides intervention to prevent such dangerous situations from occurring. Financial assistance may be available to active clients in the follow-up program. The nursery is open seven days a week, 24 hours a day.

### **Delta Gamma Center for Children with Visual Impairments**

314-776-1300

Early intervention services for visually impaired children and their parents.

### **Down Syndrome Association of Greater St. Louis**

314-961-2504

### **Electus Academy**

636-922-5191

Interventions for adolescents with behavioral and emotional problems and substance abuse problems. Flexible GED prep. Special education services, and individual, group and family therapies on income-based sliding scale.



### **Family Advocacy and Community Training (FACT)**

636-949-2425

Community-based services for children with disabilities and their families.

### **Grace Hill, Saint Charles County**

636-940-0659

Holiday assistance for children and seniors and day camps for children of enrolled members.

### **Head Start**

636-332-0265

Early childhood education intervention program, outreach.

### **Lutheran Family and Children's Services of Missouri, St. Charles**

636-949-5522

[www.lfcsmo.org](http://www.lfcsmo.org)

Offering counseling for various needs, community services and child welfare.

### **Nurses for Newborns**

Toll free: 800-452-4784

Home-based programs for education, health care and positive parenting skills.

### **St. Louis Children's Hospital**

314-454-KIDS

[www.stlchildrens.org](http://www.stlchildrens.org)

Offers a free 24-hour nursing hotline staffed by professionals from the

7th ranked children's hospital in the U.S. Physician referrals; special camps for children with disabilities; and comprehensive information packets, mailed free, on any childhood disorders or diseases. Also offers 454-TEEN, a non-emergency information line for parents of teens.

### **Variety—The Children's Charity of St. Louis**

314-453-0453

Toll free: 888-421-1212

Variety provides assistance to children with physical and mental disabilities from infancy to age 21. The organization directly assists children who need durable medical equipment such as wheelchairs, leg braces, augmentative speech equipment, hearing aids and prosthetic devices.



### **Youth In Need**

636-946-5600

Crisis Hotline: 636-946-6771

Crisis intervention, educational support, stay in school programs, counseling, support groups, life skills and employment preparation.

## Support Services/Support Groups/Peer Support

### **Alzheimer's Association, St. Louis Chapter**

314-432-3422

Toll free: 800-980-9080

Has a St. Charles coordinator. Offers support groups, technical assistance on disease management and information and referral services.

### **American Cancer Society, St. Peters**

314-446-8604

[www.americancancersociety.org](http://www.americancancersociety.org)

Offers support groups and counseling.

### **American Diabetes Association**

314-882-5490

[www.diabetes.org](http://www.diabetes.org)

Offers information for people with diabetes and therapeutic camps and recreational activities for children and youth with diabetes.

### **American Heart Association of Greater St. Louis**

314-615-6510

[www.americanheart.org](http://www.americanheart.org)

Heart disease information.

### **American Lung Association of Eastern Missouri**

314-645-5505

[www.lung.usa.org](http://www.lung.usa.org)

Offers asthma management training for asthmatics and practitioners, teachers and day care workers, smoking cessation programs, therapeutic camps, information and referral.

### **American Red Cross of St. Charles County**

636-397-1083

[www.redcrossstl.com](http://www.redcrossstl.com)

Provides case management, social services and relief/recovery in times of disaster.

### **Arthritis Foundation**

314-991-9333

[www.arthritis.org](http://www.arthritis.org)

Offers recreational programs for children with arthritis and their families, information and referral and limited financial aid toward prescriptions, course fees and durable medical equipment.



**BJC Home Care Services  
of BJC Health System**

314-953-1812

Toll free: 888-BJC-HOME

Provides intermittent home health care services and hospice care (for terminally ill children and adults).

Private duty services are also available.

**Boone Center, Inc.**

636-978-4300

[www.boonecenter.com](http://www.boonecenter.com)

Offers sheltered workshop to enable people with mental and physical disabilities to perform on-site assembly and packaging work.

**Brain Injury Association of Missouri**

314-423-6442

**Survivor Support Group:**

Monthly, third Wednesday, 7:00–9:00pm

**Head Injury Family Support Group:**

Monthly, third Wednesday, 7:00–9:00pm

**Adolescent Information Group:**

Monthly, second Tuesday, 6:30pm

**Brain Injury Support Group  
Rehabilitation Institute of St. Louis**

314-658-3800

Meets first Thursday of the month,  
5:30–6:30pm.

**Circuit Breaker—Senior Citizens  
Counseling Services for Individuals  
with Neuromuscular Disease (CSIND)**

314-516-6093

Free services include individual and family counseling, support groups for patients, spouses, children, caregivers and couples. Services provided to people affected by Muscular Dystrophy, Amyotrophic Lateral Sclerosis (ALS), Spinal Muscular Atrophy and all myopathies.

**Delta Center**

636-926-8761

[info@dcil.org](mailto:info@dcil.org)

Center for independent living supports people with disabilities through information and referral, social services, personal attendant support, independent living skills training and support groups.

**Department of Workforce  
Development, St. Charles County**

636-926-1150

Training and career counseling, assessment, educational assistance and job placement.

**Developmental Disabilities Resource  
Board of St. Charles County**

636-939-3351

Case management services for adults with disabilities.

### **Division of Vocational Rehabilitation, St. Charles**

636-940-3300

[www.vr.dese.state.mo.us/](http://www.vr.dese.state.mo.us/)

Services for people with physical and mental disabilities include medical exams, evaluations, job skills assessment, guidance, vocational skills training and living expenses.

### **Easter Seals Society**

314-664-5025

[www.mo.easter.seals.org](http://www.mo.easter.seals.org)

Information and referral for children and adults with special needs, and consultations for adaptive equipment.

### **Emmaus Homes, Inc.**

636-946-6144

[www.emmaushomes.org](http://www.emmaushomes.org)

Continuing education, independent living skills training, adult developmental group homes, adult day care and adult developmental institutions.

### **Epilepsy Foundation of the St. Louis Region**

314-645-6969

[www.epilepsyfoundation.org/stlouis](http://www.epilepsyfoundation.org/stlouis)

Counseling, outreach, vocational rehabilitation, information and referral, prescription assistance, support group and supervised living facility.

### **Family Resource Center at St. Louis Children's Hospital**

314-454-2350

email: [frc@bjc.org](mailto:frc@bjc.org)

The center's medical librarian will research any childhood disease or disorder and send a comprehensive information packet to your home, free of charge. Also offers parenting information. This resource is especially helpful for families of newly diagnosed children with disabilities.



### **First Call**

636-441-3700

Offers assistance with long-term elder care issues.

### **Governor's Council on Disability**

Toll free: 800-877-8249

[www.gcd.oa.mo.gov](http://www.gcd.oa.mo.gov)

Provides information and referral for people with disabilities and promotes awareness of disability issues.

**Grace Hill, Saint Charles County**  
636-940-0659

Holiday assistance for children and seniors and day camps for children of enrolled members.



**Great Rivers Home Care**  
636-928-8628  
[www.greatriv@nothnbut.net](mailto:www.greatriv@nothnbut.net)

Full service home care. RNs, LPNs, PT, OT, ST, medical social workers and CNAs. 24-hour care available. Medicare, Medicaid and most insurance accepted. Nonprofit.

**Healthy Communities  
of St. Charles County**  
636-410-0383

[www.healthycommunitiescc.com](http://www.healthycommunitiescc.com)

Works to improve health and quality of life for residents of St. Charles County. Task forces include immunizations, child abuse prevention, suicide prevention, physical fitness, community wellness, smoking education and teen pregnancy and STD prevention, and safety education.

**Leukemia Society of America,  
Gateway Chapter**

314-878-0780

[www.leukemia/lymphoma.org](http://www.leukemia/lymphoma.org)

Medical financial assistance, prescription benefit, client to client networking, support group and disease/disability information and referral.

**Life Skills Foundation**  
314-567-7705

Serves people with disabilities in areas of employment, vocational rehabilitation, independent living skills and education.

**LINC, St. Charles County**  
636-332-5127

Job readiness programs, support groups and case management for families in crisis.

**Long Term Care Ombudsman  
Program**  
314-918-8222

Publishes directory of long term care and offers advocacy for residents of nursing homes and those requiring hospice.

**Loyal Order of the Squirrels**  
636-441-5200 or 636-272-1628

Offers limited financial assistance toward home accessibility modifications and equipment purchase for seniors and people with disabilities.



**Mary Martha Thrift Shop, Wentzville**  
636-327-7848

Offers bedding and household items free of charge to referred people in need.

**Memory Care Home Solutions**

314-353-1011

[www.meorycarehs.org](http://www.meorycarehs.org)

Offers in-home training and consultation for caregivers of people with dementia, memory loss and Alzheimer's.

**Metropolitan Employment and Rehabilitation Services (MERS)  
St. Charles**

636-946-7559

[www.mersgoodwill.com](http://www.mersgoodwill.com)

Provides training and job placement for students in their last two years of special education and adults with disabilities.

**Missouri Department of Social Services, St. Charles Office**

636-940-3170

[www.dss.mo.gov](http://www.dss.mo.gov)**Missouri Lupus Foundation**

314-432-0008

Offers information, referral, support.

**Multiple Sclerosis Society**

314-781-9020

Toll free: 800 344-4867

[www.gatewaymssociety.org](http://www.gatewaymssociety.org)

Disability counseling, yoga, specialized information and referral, educational programs, clinics, medical equipment and supplies, telephone support, temporary financial aid and support groups.

**Muscular Dystrophy Association**

314-962-0023

[www.mdausa.org](http://www.mdausa.org)

Medical care, durable medical equipment, specialized information and referral, educational programs, clinics, orthopedic and orthotic supplies, recreational opportunities, therapeutic camps and support groups.

**North East Community Action Corporation (NECAC)**

St. Charles County Service Center

636-272-3477

Information and referral to social service providers, employment preparation, transitional case management for homeless individuals and families, mentoring programs, weatherization and subsidized rental housing services.

**Nurses and Company  
Home Health Care**

636-926-3722

[www.nursesandco.com](http://www.nursesandco.com)

Medicare certified, state licensed and JCAHO accredited home health care provider. Also offers OT, PT and social services.

**Parkside Meadows, Inc.**

636-946-4966

[www.parksidemeadows.org](http://www.parksidemeadows.org)

Retirement homes/communities, intermediate facilities and skilled nursing facilities.

**Rehabilitation Institute of St. Louis**

314-658-3829

In addition to comprehensive rehabilitation services, it offers support group for stroke survivors and their caregivers. It meets from 9:00am–12:00pm on the last Saturday of the month. The first hour of the meeting is social.

**RRC Consulting**

314-280-5663 or 636-949-2993

[www.checkongrandma.com](http://www.checkongrandma.com)

Offers fee-based independent living assistance for elderly and people with disabilities.

**Sharing Makes a Difference**

314-569-6094

Support group for diabetic children of all ages and their parents. Held four times per year on a Saturday from 1:30–3:30pm in the Von Gontard conference room at St. John's Hospital. Features speakers of interest networking opportunities for parents.

**Sickle Cell Disease Association of**



**Paraquad. Inc.**

314-289-4200

[www.paraquad.org](http://www.paraquad.org)

Peer counseling, consumer directed services for people with physical disabilities who can self direct, independent living skills instruction, vocational assessment, training and placement, College for Living classes for people with disabilities, personal and systems advocacy, home modification assistance, tuition assistance for the deaf, housing, personal care and transitional housing support. Also offers the Enabling Mobility Center and support groups.

**America—St. Louis Metro Chapter**

314-361-4400

[www.SickleCellDisease.org](http://www.SickleCellDisease.org)Email: [crystalscddaa@swbell.net](mailto:crystalscddaa@swbell.net)

Provides counseling, support groups, referrals, educational literature, health fairs, presentations, volunteer opportunities (funds permitting), and limited financial assistance.

**St. Charles County Departments of Community Health and the Environment**

636-949-7400

[www.scchealth.org](http://www.scchealth.org)

Offers WIC nutrition program, immunizations, AIDS screening, restaurant sanitation inspections, STD treatment, family planning and issuance of vital records.

**St. Charles County Victim of Crime Assistance Program**

636-949-7370

Toll free: 800-822-4012

Crisis intervention, emotional support, court escort, case management, criminal justice system education and information and referral for compensation.

**St. Charles Habilitation Center**

636-926-1300

24-hour supervised intermediate care facility for developmentally disabled persons.

**St. John's Mercy Cancer Center**

314-569-6400

[www.stjohnsmercy.org](http://www.stjohnsmercy.org)**Breast Cancer Support Group**

Meets the first Wednesday of the month, 7:00–9:00pm in the Cancer Center Community Resource Room.

**Prostate Cancer Support Group**

Meets first Thursday of the month, 7:00–9:00pm.

**St. Louis Regional Center for Developmental Disabilities—St. Charles**

636-926-1200

Assists people with developmental disabilities in obtaining evaluation, counseling, transportation and vocational services.

**Saints Joachim and Ann**

636-441-1302

[sjacares@mail.win.org](mailto:sjacares@mail.win.org)

Legislative advocacy, emergency housing payment assistance, home rehabilitation and repair services, utility assistance, food pantry, bereavement counseling, free towing and car repair service, community outreach, paratransit, and transitional shelter.



### **Show Me Aquatics**

636-896-0999

[www.showmeaquatics.org](http://www.showmeaquatics.org)

Promotes independence for people with disabilities through accessible sports programs. 2008 voter referendum will result in substantial expansion of this program, including the addition of a community center. This facility is expected to be an excellent resource for the health and well-being of local residents, including those with disabilities.

### **Society of St. Vincent de Paul Thrift Store**

2215 Droste Road 63301

636-946-1700

Call **314-531-7837** for in-home services and household items/supplies for people with disabilities.

### **Transition Strategies, LLC**

314-812-9333

Counselors evaluate eldercare needs and guide toward appropriate care. Maintains extensive network of credentialed regional and national eldercare providers.

### **United Cerebral Palsy Association**

314-994-1600

[www.ucpstl.org](http://www.ucpstl.org)

Offers informational and educational meetings on any topic related to disabilities. Also offers family support services, training and advocacy, and

information on current issues/trends in services.

### **United Services for the Handicapped**

636-926-2700

[www.charityadvantage.com/unitedservices](http://www.charityadvantage.com/unitedservices)

Childcare and infant care centers, early intervention for the developmentally delayed, support groups for families of children with autism, parenting classes, special preschool for children with disabilities, developmental assessment, evaluation for assistive technologies, and client-to-client networking opportunities.

### **United Way Information and Referral Helpline**

Dial 211

Toll-free: 800-427-4626

[www.211missouri.org](http://www.211missouri.org)

This social service program, supported by the Missouri Foundation for Health, will provide you with a list of resources for counseling and advocacy for a variety of problems, such as mortgage foreclosure, utility arrearages and shut-off, food, clothing, housing, medicine, durable medical equipment and legal assistance. *Note:* 211 provides information and referral to other agencies, not direct support services.

### **Unity Health Home Care**

636-729-4550

Provides skilled nursing care, PT, ST, OT and home health aides.

**Visiting Nurse Association**

314-918-7171

**Volunteers in Medicine, Inc.**

636-724-4848

Provides physician office visits and referrals for persons in need who are not covered by Medicaid, Medicare or private insurance.

**Willows Way**

636-947-6591

Provides independent living instruction, home health care and support for establishing, marketing and maintaining small businesses as an alternative to traditional employment for people with disabilities.

**W. Sherman Timmons Respite Care Home**

636-723-2828

Temporary residential services for children and adults with developmental disabilities, alleviating caregiver responsibility for agreed periods. 24-hour nursing care on staff.

**AMPUTEES****Amputee Coalition of America (ACA)**

Toll free: 888-267-5669

[www.amputee-coalition.org](http://www.amputee-coalition.org)

Comprises support groups, individual counseling, allied disability



organizations, health professionals and others who are working together to improve life for people with limb loss. Their three goals are education, outreach and empowerment. Individual membership entitles one to a quarterly magazine, access to the only nationwide database dedicated to amputee resources, discounts on printed materials, audiovisuals available through the ACA and reduced annual meeting registration fees.

### **Amputees Getting Into Life Energetically (AGILE)**

314-454-7427

Offers information, education, peer counseling, social activities and support for amputees, their families and friends. Support group meets on the third Wednesday of the month from 7:00–9:00pm. Meeting sites vary. Call for location.

### **SERVICES FOR THE BLIND**

#### **Rehabilitation Services for the Blind**

314-890-4200

Prevention, eye care, diagnostic field clinics, eye surgery, hospitalization coverage, orientation and mobility education, and independent travel instruction.

#### **St. Charles County Council of the Blind**

3209 Elm Street 63301  
636-946-2225

Information and referral, employment support services, and educational scholarships of up to \$1,000 per person.

### **DRUG/ALCOHOL ABUSE**

#### **Alcoholics Information Exchange**

636-946-1560

Offers support groups for individuals with alcoholism.

#### **Narcotics Anonymous of Greater St. Charles**

314-830-3232

Twelve-step recovery program for individuals addicted to narcotics.

#### **National Council on Alcoholism and Drug Abuse (NCADA)—St. Louis Area**

314-962-3456

[www.ncada-stl.org](http://www.ncada-stl.org)

Serves metro St. Louis area as a central resource and information clearinghouse. Provides first-step information, counseling, referral, education, prevention and intervention services.

#### **St. Charles County Community Services**

636-441-9002

Provides alcohol and drug education through Substance Abuse and Traffic Offenders Program (SATOP) and Alcohol and Drug Education Program (ADEP). Also provides state funded gambling addiction treatment. Call for class sites.



## **SPEECH & HEARING**

### **Center for Hearing and Speech**

314-968-4710

[www.hearing-speech.stlouis.org](http://www.hearing-speech.stlouis.org)

Offers audiologic evaluation, speech therapy, hearing aid fittings and repairs.

### **St. Louis Hearing and Speech Centers**

314-968-4710

Offers services regardless of ability to pay, in hearing/speech evaluation, hearing aids, speech therapies, augmentative and assistive devices, lip reading, accent reduction and stuttering minimization.

## **WOMEN & FAMILY**

### **A.L.I.V.E. (Alternatives to Living in Violent Environments)**

314-993-2777

Email: [ALIVESTL@hotmail.com](mailto:ALIVESTL@hotmail.com)

Provides referrals for accessible and affordable shelter to families suffering from domestic violence. Also provides counseling, advocacy and emergency services. Support groups meet on Tuesdays, 10:00–11:30am and 6:00–7:30pm. Call for information and location.

### **Bridgeway Counseling Services**

Administration: 636-757-2200

St. Charles Center: 636-757-2300

Emergency Hotline: 636-946-6854

[www.bridgewaycounseling.com](http://www.bridgewaycounseling.com)

Offers residential and outpatient substance abuse treatment programs for women, and sexual assault counseling. Also offers a battered women's shelter (636-946-4780) and a spousal abuse education and intervention service.

### **Family Planning Clinics**

636-949-7400

Toll free: 800-822-4012

### **Gateway to Hope**

314-569-1113

[www.gthstl.org](http://www.gthstl.org)

Medical and surgical care for uninsured and underinsured women diagnosed with breast cancer.



### **Our Ladies Inn—St. Charles**

636-398-5375

Maternity home, transitional housing and full support for 18 women and their children. Provides full support for up to one year after delivery

### **Women In Charge**

314-727-5515

Offers various help/solutions for abused women.

### **Woman's Place**

314-645-4848

Woman's Place is a drop-in center offering a safe place for women who have been or are being abused. Support group and other special programs are regularly offered.

### **Womens' Support and Community Services**

314-531-2003

Crisis line: 314 531-2003

Hispanic outreach: 314-646-7400

Fees: Sliding scale

Offers adult survivors of child abuse support group, domestic violence support group, personal development workshops, education programs (GED and college), personal and family counseling, personal advocacy program, Project HART for teens, clothes closet program.

## **VETERANS**

### **Disabled American Veterans**

636-289-6443

[www.dav.org](http://www.dav.org)

Offers transportation for veterans with medical appointments.

### **John Cochran VA Medical Center**

314-652-4100

Provides a social service referral program for veterans with psychological and physiological conditions.

Provides outpatient and inpatient occupational therapies. Full-time clinics are available for medical care. Also, if eligible, there is a prescription drug program.

### **Missouri Veterans Commission of St. Charles**

636-949-7330

Advises veterans and their families about VA benefits.

### **Veterans Affairs**

[www.va.gov](http://www.va.gov)



## Durable Medical Equipment

See listings for Show Me Loans, DCU, Lutheran Senior Services, and Vocational Rehabilitation for possible financing resources.

### **Apria Health Care**

314-522-2600

[www.apria.com](http://www.apria.com)

Pharmacy 522-2800

Rehab. 522-2600

Repair 522-2626

Sells and rents medical equipment, hospital supplies, rehabilitation equipment. Medicare provider.

### **Chairs-To-Go, At Your Service of Willows Way**

636-916-0040

Takes donated durable medical equipment, refurbishes it, then rents or resells items. Averages \$25 for manual chairs, \$50–\$75 for beds, \$5 for walkers and \$2–\$3 for crutches. Picks up and delivers equipment.

### **Crown & Archway Medical**

314-752-0558

Full supplier of durable medical equipment including diabetic supplies, oxygen, wheelchairs and power chairs. Medicare/Medicaid providers.

### **Elite Adjustable Beds**

314-353-0800

Manufactures and sells adjustable beds; also a dealer of lift chairs.

### **Express Medical Supply, Inc.**

Toll free: 800-633-2139

Sells medical supplies, catheters, leg bags, Roho cushions, skin care products.

### **Medical West**

314-725-1888

Sells personal care supplies and adaptive equipment. Rents electric scooters and manual chairs. Sells prostheses and provides orthopedic services. Sells and installs lifts for homes or vehicles; has lift chairs. Diabetes supplies, ostomy supplies, compression hosiery.

### **Medi-Equip, Inc.**

314-965-9300

Sales, rental and service of manual and power wheelchairs, electric scooters, lift chairs, auto and stair lifts, portable ramps, walkers/canes and rollators with seats, home & hospital beds, bathroom safety aids, home diagnostic equipment, incontinence aids.



**Paraquad—Assistive Technology  
Center and Enabling Mobility Center**  
314-289-4200

Offers reutilization of previously owned durable medical equipment and assistive technologies at low fees/sliding scale. Offers payment plans as low as \$5 per month.

Enabling Mobility Center (in partnership with Washington University) offers individualized attention to people with disabilities who seek to increase independence and self reliance through customized strength and endurance training and assistive technology training.

**Provider Plus, Inc.**  
314-961-8500  
[www.providerplus.com](http://www.providerplus.com)  
Email: [provider@inlink.com](mailto:provider@inlink.com)

Sells and rents manual and power wheelchairs, and durable medical equipment.

**Rehab Medical**  
314-890-9900

Specializes in wheelchairs individually designed for each user, as well as hospital beds and other durable items.

**Speedy Medical Supply**  
314-361-0014  
[www.speedymedssupply.com](http://www.speedymedssupply.com)

Offers sales, rental and service of medical equipment for home health care. Also carries pediatric equipment. Accepts Medicare, Medicaid, most private insurance.

**St. Louis Medical Supply**  
Toll free: 800-950-6020

Sells durable medical equipment. Medicare provider.

**The Mobility Store**  
314-831-6838

Accepts Medicare and Medicaid assignments. Sales, rental and repair of manual wheelchairs, motorized wheelchairs, hospital beds, scooters, seat lift mechanisms, oxygen equipment, urological, ostomy and incontinence supplies, bath, tub and shower benches.

**United Seating and Mobility**  
314-291-0400

Supplier of wheelchairs, scooters, durable medical equipment and rehab equipment. Medicaid approved.

## Assistive Technology

### Missouri Assistive Technology Project (MOATP)

Toll free: 800-647-8557

[www.at.mo.gov](http://www.at.mo.gov)

Provides product information on adaptive equipment and assistive technologies. Offers training for assistive technologies, and information about assistive technologies in state and federal legislation.



## Health Care/Physician Referral

### **Missouri Primary Care Association**

573-636-4222

Provides information regarding clinics in St. Charles and surrounding communities.

### **Bureau of Primary Health Care**

[www.bphc.hrsa.gov](http://www.bphc.hrsa.gov)

### **John Cochran VA Medical Center**

314-652-4100

Provides outpatient and inpatient occupational therapy, and social service referral program for veterans with psychological and physiological conditions. Full-time clinics are available for medical care. Also, if eligible, there is a prescription drug program that reduces the cost of prescription drugs.

### **Max Starkloff Health Center (Connect Care)**

314-829-7164

### **New Melle Clinic**

636-288-8992

Low cost or free clinic for people in need.

### **SSM St. Joseph Health Center**

300 First Capitol Drive 63301

636-947-5000

Hospital and emergency services.

## **DENTAL CARE**

### **Aetna Dental Access**

[DentalPlans.com](http://DentalPlans.com)

Aetna Dental Access provides a list of dentists by zip code. Go to **DentalPlans.com** and type in your zip code to get a listing of dentists in your area.

### **Dental Society of Greater St. Louis**

314-569-0447

Recommends dentists that provide income-based services.

### **Give Kids a Smile**

314-965-5960

Free dental care for families that are uninsured and cannot afford to pay for dental care.

### **Water Tower (Grace Hill Clinic)**

314-340-3222

Sliding scale provided. Dental clinic takes walk-ins in pain. Call for hours. Also provides pediatric, OB/GYN, medical, dental, WIC and nutritionist services.



**Community Health in Partnership  
Services**

314-652-9231

First visit \$30.00. Offers sliding scale after first visit. Offers X-rays, check-ups, fillings and cleanings.

**Lillian E. Courtney Health Center  
(Connect Care)**

314-622-3836

Fax: 314-829-6198

Offers sliding scale.

**St. Louis Comprehensive  
Health Center**

314-367-5820

Offers sliding scale.

**St. Louis Comprehensive  
Health Center**

314-367-5820

Offers sliding scale.

**HOSPICE****BJC Home Care Services  
of BJC Health System**

314-953-1812

Toll free: 888-BJC-HOME

Provides intermittent home health care services and hospice care (for terminally ill children and adults). Private duty services are also available.

**Preferred Hospice**

636-527-9330

**Regional Care Hospice**

636-449-1506

## **MENTAL HEALTH SERVICES / COUNSELING**

### **Adapt of Missouri**

314-657-3200

Internet: [www.adaptusa.com](http://www.adaptusa.com)

Serves people with mental illness.  
Provides psychiatric rehabilitation,  
supported housing and adult day care.

### **Crider Center for Mental Health, Inc.**

#### **St. Charles Office I:**

300 Water Street

636-946-4000

School-based outpatient mental health  
care for at-risk children and their families.

#### **St. Charles Office II:**

332 McDonough Street

636-946-6832

Psychiatric day treatment, job coaching,  
pre-vocational programs for adults with  
severe mental illness, and outpatient  
mental health care and outreach, includ-  
ing help with housing and employment.

### **Depressive Bi-Polar Support Alliance of St. Louis (DBSA)**

314-776-3969

[www.dbsastlouis.com](http://www.dbsastlouis.com).

Has a peer drop-in center, open 10 hours  
a day, year round. Provides information,  
referral, and peer support by phone. Also  
has individual peer support and expanded  
self-help support groups.

### **Mental Health Association of Greater St. Louis**

314-773-1399

Provides programs to the greater  
St. Louis community in volunteer  
patient services, information and  
reference, self-help groups and peer  
groups, community services, professional  
education and public education, and  
referrals to mental health providers.

### **National Alliance for the Mentally Ill (NAMI) of Metropolitan St. Louis**

314-966-4670

Crisis Intervention

Telephone counseling for individuals  
and families in crisis situations due to  
mental illness. Services provided by  
trained volunteers. Provides support and  
education to families of clients involved  
in the Access Project. Reunification  
services for families and mentally ill  
clients. Self-help groups, monthly  
family-to-family support groups.



Journey of Hope family education classes, lending library, educational workshops, consumer socialization club.

### **Obsessive-Compulsive Foundation, Inc.**

314-842-7228

[www.ocfoundation.org/](http://www.ocfoundation.org/).

Voluntary, non-profit organization dedicated to early intervention in controlling and finding cures for OCD and for improving the welfare of people with this disorder.

St. Louis Support Group meets at St. John's Hospital at 10am on the third Saturday of each month. Call first if new to the group to ensure time and location.

## **PRESCRIPTION ASSISTANCE**

### **Catholic Charities LDI Pharmacy Plan**

314-652-2121

Toll Free: 800-652-9550

Prescription drug discount plan for those who don't have prescription drug coverage. \$15 per year.

### **John Cochran VA Medical Center**

314-652-4100

Prescription assistance for eligible veterans.

### **Free Medicine Direct**

Toll free: 800-889-6830

Free Medicine helps determine the participant's eligibility for various patient assistance programs and assists with filling out the paperwork required by each pharmaceutical company.

### **Lutheran Family and Children's Services**

314-787-5100

Helps with life sustaining medications only.

### **The Medicine Program**

573-996-7300

[www.themedicineprogram.com](http://www.themedicineprogram.com)

Assists qualified patients in enrolling in patient assistance programs.

These programs provide prescription medication for free or at a reduced cost if the program participant meets the sponsor's criteria. Processing fee of \$5.00 for each medication form requested.

#### **To be approved for enrollment:**

Applicant must not have insurance coverage for outpatient prescription drugs.

Applicant does not qualify for a government program that provides prescription medication, such as Medicaid.





The applicant's income must fall within the limits established by his/her particular sponsor(s).

Single household—\$19,000/year

Married household—\$30,000/year

If you believe you may qualify, please call or visit website for application.

Please allow 7–10 business days.

When you receive your application, you and your doctor must fill them out send them to the appropriate pharmaceutical companies. When approved, your doctor will receive your medication in four to six weeks. The medications are usually shipped in three-month supplies.

### **National Arthritis Foundation**

314-991-9333

Assists with prescriptions if you meet eligibility criteria.

### **NeedyMeds, Inc.**

[www.needymeds.com](http://www.needymeds.com)

Website contains information about prescription medication assistance.

### **Partnership for Prescription Assistance**

Toll free: 888-477-2669

[www.pparx.org](http://www.pparx.org)

This program connects qualified low income people with discount prescription drugs through pharmaceutical manufacturers. Provides a single point of access to more than 275 public and private patient assistance programs, including more than 150 programs offered by pharmaceutical companies.

### **St. Louis Peregrine Society**

314-781-6775

[www.peregrinesoc.org](http://www.peregrinesoc.org)

Offers prescription medication assistance for people with cancer.

## VISION CARE

### **Delta Gamma Center for Children with Visual Impairments**

314-776-1300

Early intervention services for visually impaired children and their parents.

### **LensCrafters Gift of Sight Program**

[www.givethegiftofsight.org](http://www.givethegiftofsight.org)

Give the Gift of Sight was created to serve those in need. While Luxottica Retail associates and doctors deliver free eye care through the Gift of Sight program, the company does not select which individuals deserve help and receive care. Recipients are selected by local schools, agencies and charities that screen for visual and financial need, select people to receive services and often transport them to LensCrafters stores. Independent living specialists can call nearest LensCrafters store and ask to speak to the gift of sight captain at that store on your behalf.



## Social /Recreational

### **Recreation Council**

#### **St. Charles location:**

4601 Mid-Rivers Mall Drive ACA 103

St. Peters, MO 63376

636-922-8313

<http://stlouis.missouri.org/reccouncil/>

Serves as a clearinghouse for information regarding recreation and leisure activities for St. Louis and St. Charles area residents with disabilities; offers information and referral, recreation publications, and community presentations.

### **St. Charles County Golden Games**

636-441-0185

Missouri Senior Olympics for people aged 50 and over.

### **St. Charles Parks and Recreation**

636-949-3372

Provides recreational activities for people of all ages and abilities. Call for brochures that list all programs and facilities. Program and trip scholarships are available on a limited basis for city residents unable to afford fees.

Programs include dance, drama and art classes, camps, aquatics, trips, sports leagues and community events.

### **St. Louis Wheelchair Athletic Association**

314-768-5325

[www.slwaa.com](http://www.slwaa.com)

Provides recreational and competitive wheelchair and adaptive sports programs for children and adults with physical disabilities.







# HOT LINES

Abuse, Addiction, Crime, Crisis, Fraud, Health, Legal, Neglect, Suicide Prevention

## **Child Abuse and Neglect Hotline Division of Family Services**

Toll free: 800-392-3738

TTY: 800-669-8689

## **Consumer and Welfare Fraud Hotline**

Toll free: 800-392-8222

## **Crime Stoppers Hotline**

636-949-3333

## **Deafline MO**

Toll free: 800-380-3323

## **Domestic Violence Victims Hotline**

636-946-6854

## **Elderly and Disabled Abuse and Neglect Hotline**

Toll free: 800-392-0210

TTY: 800-669-8819

## **Family Services Hotline**

Toll free: 800-392-1261

## **Gamblers Anonymous**

Toll free: 800-522-4700

## **Homeless Hotline— Salvation Army St. Charles**

636-240-4969

## **Hunger Hotline**

314-726-5355

## **Kids Under 21 (KUTO) Crisis Hotline**

314-644-5886

Toll free: 888-644-5886

## **Leftovers, Etc. of St. Charles**

636-946-9779

[www.leftoversetc.com](http://www.leftoversetc.com)

A drop off and redistribution center for teaching aids and craft materials.

## **Legal Advocates for Abused Women Life Crisis Services**

Emergency 24-hour hotline number:

314-647-4357

Days: 314-535-5229

Toll free: 800-527-1460

## **Mental Health Crisis (Behavioral Health Response)**

Toll free: 800-811-4760

## **Missouri Arson Hotline**

Toll free: 800-392-7766

## **Missouri School Violence Hotline**

Toll free: 866-748-7047

**Mortgage Counseling  
(Neighbor Works)**

Toll free: 888-995-4673

**National Center for Missing  
and Exploited Children**

Toll free: 800-843-5678

**National Domestic Violence Hotline**

Toll free: 800-799-7233

TTY: 800-7787-3224

**National Institute on  
Drug Abuse Helpline**

Toll free: 800-662-4357

[www.health.org](http://www.health.org)

**Parental Stress Help Line**

Toll free: 800-367-2543

**Pregnancy Counseling Hotline**

Toll free: 800-550-4900

**Problem Gamblers Hotline**

Toll free: 888-238-7633

**Sexual Assault Hotline**

Toll free: 877-946-6854

**Suicide Prevention**

Hope Line: 800-784-2433

Local Task Force: 314-323-8592

Kids Under 21: 888-644-5886

**Women's Crisis Hotline**

314-531-2003

**Youth Emergency Services**

314-862-1334

24-hour helpline: 727-6294 or  
800-899-KIDS

Emergency shelter and short-term housing for youth ages 12–17. Y.E.S. 24-Hour Hotline provides crisis intervention, counseling and referral for young people and their families who need help with problems such as family conflict, depression, suicide, sexuality, abuse, neglect, substance abuse and peer relationships. Provides community services including crisis intervention, individual, family and group counseling, case management, prevention programs, advocacy/legal services, community education, and other outreach services. Provides volunteer training for anyone who works at Y.E.S. or at any other 24-hour help-line.

